

NEWS from the HEART...

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

1 November 2023



***"A grandparent is a little bit parent,
a little bit teacher, and a little bit best friend."***
- Unknown



Dear Lord,

We thank you for our wonderful grandparents and special friends.

They bring such joy and happiness to our lives.

Thank you for all the special times that we have together.

Please watch over them, protect them and care for them.

May they know your goodness and love always.

Amen.

Grandparents & Grandfriends Day

Pope Francis "reminds us that old age is a gift and that grandparents are the link between the different generations, to pass on to the young the experience of life." Many thanks to our Grandparents and Grandfriends for joining us last Wednesday - a morning to gather, connect and celebrate your presence, wisdom and influence in our lives. We are blessed.



World Teachers Day - Friday 27th October



World Teachers' Day is an opportunity for the community to remind our teachers of the incredible value we see in the work they do to influence student growth and achievement.

Hats off to the teaching staff at Immaculate Heart of Mary for their skilled work in educating, inspiring and supporting our students.



Understanding Anxiety in Children

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 29th November**.




Immaculate Heart of Mary
Parent/Carer Seminar

Understanding Anxiety in Children

With Lisa Ford, Clinical Psychologist

Useful for ALL parents and Carers- whether your child is currently experiencing anxiety or not. Gain a deeper understanding and practical strategies to support children to thrive.

- How anxiety shows up for children.
- The fight or flight (and freeze) response
- Creating an environment that supports anxious children to thrive
- The cycle of avoidance
- Simple ways children can take back control
- Managing physical symptoms of anxiety
- Common mistakes when supporting anxious children & what to try instead



Wednesday 29 November 2023
6:30- 8pm, School Hall

Please RSVP to the school office

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 School Parents Association through the 2023 Parent Engagement Grant Scheme. We are incredibly excited to have the opportunity for work and learn with Lisa. Save the date!



By Connie Miller, Yr 5, 2023

Art from the Heart

Arts Week 20th- 23rd November

Visual Art Show

Gr. 2/3/4 building
Monday - Thursday
3pm-4pm daily

*Enjoy class artworks and
individual works by every
child!*

Performing Arts Showcase

Thursday 23rd
1.45-2.45pm
Astro court

*Bring a blanket, sit and
enjoy an outdoor
performance by each class.*

Grade 5/6 Basketball

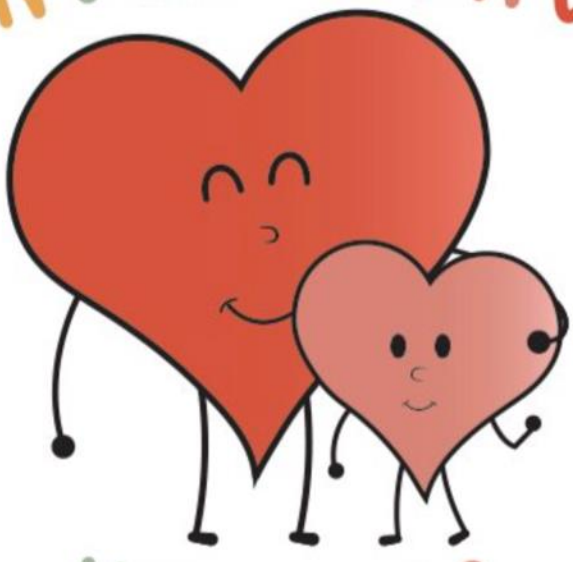
Congratulations to all our Grade 5/6 Basketball Teams who participated in the **Tasmanian School Basketball Championships** over the weekend. All games were played in great spirit and the IHMS students were exceptional on and off the court. Many thanks to all our coaches, managers, referees and families for your support to make our participation so successful. We can't wait to see our Grade 3/4 Teams in action on 11th/12th November.

Nurturing Hearts Birth - 4 Program: Friday 9.00am - 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.



NURTURING



HEARTS


TERM FOUR

Welcome back for Term Four at Nurturing Hearts!
The focus for this term's learning experiences is 'OPPOSITES'.

Friday 20th October: Exploring Push and Pull
Friday 27th October: NO SESSION

Friday 3rd November: Exploring Large and Small
Friday 10th November: Exploring Fast and Slow
Friday 17th November: Exploring Curved and Straight
Friday 24th November: Gross Motor Play in the Hall
Friday 1st December: Christmas fun! 🎄
Friday 8th December: Optional Park Play at John Kennedy Park (Pedder Street)

We are looking forward to a wonderful final term!



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

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

Warm regards

Rachel Kelly
Principal

Calendar of Events	
Wed 1 November	Canteen orders due on QKR by 9.00pm
Thu 2 November	Canteen Day
Fri 3 November	STCPSSA Athletics Carnival
Fri 3 November	Nurturing Hearts 9.00am - 10.30am
Mon 6 November	Kinder 2024 Orientation sessions
Wed 8 November	Assembly 1.45pm
Wed 8 November	Uniform shop open 2.30pm - 4.00pm
Wed 8 November	Canteen orders due on QKR by 9.00pm
Thu 9 November	Canteen Day
Fri 10 November	Nurturing Hearts 9.00am - 10.30am
Mon 13 November	Kinder 2024 Orientation session (combined session 9.00am)

PLAY FOR KICKS

Superkick is next level fun for 8 to 12 year olds who are new to footy, or want to continue to grow their skill levels.

HOBART - ALL GIRLS

THURSDAYS, 4:00 - 5:00
JOHN TURNBULL OVAL, LENA VALLEY

NOVEMBER 9 - DECEMBER 14
\$50 REGISTRATION



PLAY

Superkick

PLAY.AFL/SUPERKICK