



Important Dates

Pyjama & Teddy
Bear Day
Friday 17 June

Orientation Morning
- New Receptions
Wednesday 22 June

Transition Visit 1 -
New Receptions
Wednesday 29 June

Reading in the Early
Years - Parent Info
Session
Wednesday 29 June

Transition Visit 2 -
New Receptions
Wednesday 6 July

Semester 1 Reports
Distributed
Wednesday 6 July

End of Term 2 -
12:30pm
Friday 8 July

Students
Commence 3
Tuesday 26 July

14.06.22

From the Principal

Dear Parents,

Winter has certainly arrived the past couple of weeks - the mornings are colder, wetter and the desire to get out of bed definitely requires greater effort! However, each morning at the gate (except for this week as I'm home with COVID!), I am lucky to see the happy faces of the children coming into school which always add sunshine, even if only metaphorically!

I want to let you know that I appreciate the parental journey greatly, I have been there with my two and I know the effort (more some days than others) that goes into getting the children to school on time in the mornings, ensuring they are in correct uniform and prepared for the day ahead. It's worth the effort, because it really helps set the children up for a successful day of learning.

Winter Sports



It is wonderful to see so many of our children involved in winter sports - we have 54 students representing IHM in the North West Junior Soccer competition this year. I love seeing and hearing the coaches and assistants practising on our pitch in the afternoons and give thanks to the coaches and team managers who are supporting the teams.

A number of our students also play football for Fitzroy Football Club with whom we have a close affiliation. Best wishes to all our teams for a great season!

The Catholic Schools Inter School Cross Country Championships and Netball Carnival are also coming up soon as well as the 9-a-side Football Carnival and we have some keen participants who have been training.

Plus, all of our children have been loving the Tri-Skills gymnastics lessons every Thursday this month.

All sports, whether team-based or individual, are fantastic activities for children that provide a variety of benefits. Participation in sports can help build self-esteem and confidence, can motivate children to excel academically and physically and can help build social skills. Participation also can teach children the benefits of goal-setting, practice and perseverance. All these are also important life skills and are embraced fully at IHM.

Best wishes,

Pauline Kinsman

PRINCIPAL

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Recent News

14.06.22

From the Assistant Principal

Dear Parents and Caregivers,

I always love having conversations with our students in class or while I am on duty and often our conversations steer to all things

technology, we live in a digital age after all. This got me to thinking and also searching for more information about our online environments. As a parent myself I understand that children are drawn to technology and as parents and educators we need to help our children understand how to use technology in a safe way. Below is some information about Cyber Safety and links to further resources.

Cyber Safety



Online environments and virtual worlds are not foreign domains for young people, but these digital landscapes can unfortunately present some dangers. Children, sometimes without even realizing, can be exposed to content that is beyond their comprehension, resulting in an anxious or heightened child, from seemingly invisible triggers! Without the neurological infrastructure, children (of all ages) can struggle to communicate their experiences of the content they consume in online worlds, and this is where educators and families can collaborate to support children to become happy, healthy and safe digital citizens.

Digital Distractions and the Importance of Face To Face Social Interaction

Digital distractions are a very real problem in society, but even more so for our young people who are yet to learn how to manage the temptation of digital immersion, whether that be on or offline.

An overreliance on devices for entertainment can displace the development of social skills, play time with friends and problem solving in a face-to-face, real world setting for example our play spaces at recess and lunch. Helping young people to balance their 'screen time' with 'green time' (any outdoor play and social activity) is just one way that we can support them.

Parents and educators have the right to decide:

WHAT – programs, apps and websites their children use and visit

WHEN – and for HOW LONG their children use their devices

WHERE – devices can and cannot be used (e.g. behind closed doors/at the dinner table/after 7pm)

WHO – children can connect with and who they cannot connect with

LANGUAGE – that is acceptable for use during gaming, group chatting or any online interaction; and

PROBLEMS – how to address problems that arise, in an open and honest collaborative way.

Parents and Caregivers do not need to be Tech Experts to support their children to resolve problems in a digital setting, they just need to follow the 5 principles listed below:

1. Set clear rules and boundaries
2. Parent/Caregiver makes the final decisions about device use (see above)
3. Use management controls
4. Stay up to date with your child/ren's usage and tech habits
5. Communicate regularly with your children about their digital use.

These principles will not change, even when the technology does! This will allow families to keep on top of the constantly evolving nature of apps, games and social media platforms. The key is open, honest and regular communication with your children about their digital use.

Resources for Parents

Carly Ryan Foundation Popular Apps Fact Sheets:

<https://www.carlyryanfoundation.com/resources/fact-sheets>

eSafety Commission Parent Resources including webinars:

Adelaide Day Centre for Homeless Persons - Winter Warmers



Our House Leaders have been gathering to discuss ways we can make change in our community. As part of this they are encouraging our IHM to community to support those in our wider community who are less fortunate and experiencing homelessness and asking for donations Winter Warmers to the Adelaide Day Centre for Homeless Persons. Items donated can be brand new or in excellent condition.

The House Leaders will place baskets in the classrooms to collect the following items:

- Beanies
- Gloves
- Blankets - the greatest need is for blankets and sleeping bags
- Sleeping bags
- Scarves
- Socks
- Jumpers
- Jackets

Other items needed are:

- Canned goods - soups, tinned meat, baked beans
- Pasta
- Tinned fruit

Baskets will be in the classrooms until the end of the Term 2.

Thank you in advance for your support.

Can You Help?

At IHM we are providing children with more creative play items such as tarps, ropes, timbers and PVC piping to encourage creative play at recess and lunch.

The students would love to have some milk crates for further construction items. If you are able to donate any that would be fantastic. If you have any connections to cafes, restaurants or petrol stations and think they could help, please contact Julie in the front office to let her know and we can contact them.

SRC News

Pyjama and Teddy Bear Day - Friday 17th June



A reminder that this Friday 17th June the SRC's are holding a **Pyjama and Teddy Bear Day** to raise money for Jack Peel's surgery in the USA later this year.

Bring a **GOLD COIN DONATION** and wear your warmest pyjama's, fluffiest socks and bring along your favourite soft toy/teddy bear.

Have a safe fortnight.

Annette Diassinias

APRIM

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15.06.22

Jacko's Journey - Raffle Book Reminder

Jack is one of our beautiful students who has Cerebral Palsy. Jack's cerebral palsy means he is in pain daily and he struggles to do any of the activities he loves without the aid of a support person or equipment.

In September, Jack and his family will be heading to St Louis, Missouri, USA where he will undergo one of the most advanced surgeries in the world: Selective Dorsal Rhizotomy (SDR). SDR will significantly reduce the pain he suffers and allow him to walk, run, play soccer, keep up in class and make friends more easily. Ultimately, building his confidence and the ability to choose what he wants to do in life. This incredible surgery and Jack's time in the US with his family plus all pre and post-surgery costs will be more than \$180K.

His mum Skye has put together a raffle to raise money for Jack and the associated costs. Each family recently received a raffle book of 10 tickets - they are \$2.00 each and the raffle will be drawn at an assembly on **Friday 1st July**. Additional tickets/raffle books are available from the Office.

1st Prize

Charlesworth Nuts, grazing board, 2 x nut bowls and a bottle of Lambrook Spark valued at \$130

2nd Prize

Tupperware Microsteamer and recipe book valued at \$150

3rd Prize

Olaplex Hair Rescue Kit valued at \$95

4th Prize

2 x Adult movie passes, 2 x children's semi-precious stone bracelets, bottle of doTERRA Wild Orange essential oil & lava stone keyring, coloured-glass angel ornament valued at \$85.

Please **return raffle books and money by Wednesday 29th June** and thank you for your support. Good luck in the raffle!



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15.06.22

Reading in the Early Years - Reception & Year One Parents

Wednesday 29th June 2022 - 9:00 - 10:00am
Chevalier Centre



At Immaculate Heart of Mary School our commitment is to journey together with families in all domains of our students' school lives. Shared understandings between home and school are fundamental to developing a common language and meaningful communication between the two learning environments. This session aims to inform and share key supportive learning practices that serve to empower and contribute to developing positive and successful readers.

The session will cover the topics:

- IHM Home Reading Guidelines
- Factors that influence learning
- Specific strategies for parents to use at home (tool kit)

If you wish to attend this parent information session, please ring the Office on 8115 7600 or email Julie at info@ihm.catholic.edu.au.



Mary Sapio

LITERACY SUPPORT COORDINATOR

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Year 1/2 H - 5 Cent Fundraiser

A reminder for students to bring in their **5 cent coins** for the fundraiser being organised by the Year 1/2 class between Weeks 5 and 9. There is a container in each classroom and the class that raises the most money wins an **"Instant Party!"** Money raised is going to the Hutt Street Centre.



Messages of Hope

“HOPE IS LIKE
THE SUN, WHICH,
AS WE JOURNEY
TOWARD IT, CASTS
THE SHADOW
OF OUR BURDEN
BEHIND US.”

Samuel Smiles

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