



Week 9 Term 1 2022

Important Dates

IHM Coin Challenge
Friday 8 April

Last Day of Term 1
at 3:00pm
Wednesday 13 April

Pupil Free Day
Thursday 14 April

Pupil Free Day
Monday 2 May

Pupil Free Day
Tuesday 3 May

Students
Commence Term 2
Wednesday 4 May

30.03.22

From the Principal

Dear Parent and Friends,

Welcome to Week 9!

Physical Education at IHM



Physical Education is valued at IHM as an integral aspect of every child's development. There is a strong emphasis on skill development through a physical education program that is based on fine and gross motor skill development. The skills taught in the PE area comprise one of three strands in the Health and Physical Education Curriculum. Mr Che Murray, is our qualified PE teacher (he is a great sports person himself - even runs marathons!). Che conducts lessons with all classes to develop a range of skills and our students are encouraged to have a healthy and positive attitude towards participation and competition.

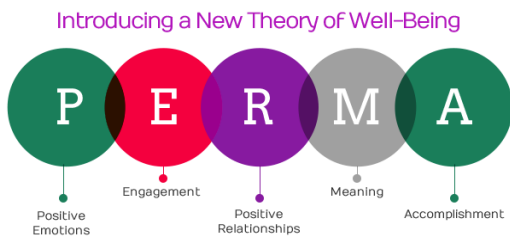
Well Being and Positive Psychology at IHM

Wellbeing is an integral part of our vision and mission and these days, a critical component in everyone's lives. On our last pupil free day the staff participated in professional learning about Positive psychology and PERMA, led by **Ryan Campbell**. The theory and practice behind positive psychology has been part of our strategic approach to wellbeing for staff and students across the school.

Here is a link explaining what's behind positive psychology, that you might find useful.

<https://www.youtube.com/watch?v=1qJvS8v0TTI>

What is PERMA?



Explained simply **PERMA** is the acronym for a model of well-being put forth by a pioneer in the field of positive psychology, Martin Seligman. They contain the vital ingredients of a flourishing life and this is what we incorporate in our curriculum.

Positive Emotions - experiencing happiness, joy, hope, love, gratitude etc.

Engagement - using strengths and being absorbed in the flow of what you are doing

Relationships - building strong relationships with the people around us

Meaning - dedicating time to something greater than ourselves

Accomplishment - having the sense of "I did it and did it well"

The awareness of PERMA can help you increase your well-being by focusing on combinations of feeling good, living meaningfully, establishing supportive and friendly relationships, accomplishing goals, and being fully engaged with life.

Communication



Open, respectful and frequent communication between school and home is of great importance for the success of our programs and for every child and indeed family, to have the best schooling experience. Important notices, alerts and reminders are communicated through our **School Stream app**.

It would be greatly appreciated if all parents took notice of these. We hate to see children missing out on experiences or being unprepared because of notices not being read and notes not being returned. Please keep up to date with what's happening with our app, it helps your child and the school. And don't forget, if you ever have any concerns about your child and their learning, please don't hesitate to contact me, my assistant Annette or the class teacher.

Pupil Free Days Notification

A letter was been distributed to families earlier today via School Stream in relation to additional Pupil Free days announced today; please check your School Stream app.

COVID Safe Protocols



COVID-19

Thank you for adhering to all our safety measures. We have had many children and families impacted by Covid and our staff have done an amazing job of supporting them in any way possible.

Although this is an everchanging landscape, the protocols for school will remain in place until the end of this term. This includes:

- **Parents and visitors not on site unless previously arranged**
- **Mask wearing on site**
- **Children not attending school if unwell**

I will notify you via school stream if there are changes for next term, as soon as I know.

Stay safe and have a fabulous fortnight!

Best wishes,

Pauline Kinsman

PRINCIPAL

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Recent News

Swimming Carnival

Congratulations to the school swimming team who represented our school at a Catholic Interschool Carnival last week. The Year 3-6 students represented our school brilliantly with race performance - everyone competing placed either first or second in an event and, and Oliver and Riley placed as Age champions for Year 5 and 6 respectively. Congratulations to the team most importantly on giving it a go, their exemplary behavior and team camaraderie. Thanks to **Mr Che Murray**, our PE teacher who organized the teams.

Well done to the IHM Swimming Team: **Jacob G, Clare D, Alexandra E, Samuel G, Alexandra N, Oliver M, Riley W and Caleb P.**



30.03.22

From the Assistant Principal

Year 4/5 Poems of Hope

The Year 4/5 community has been unpacking what Hope means to us.

Students have engaged in meaningful discussions, shared images, created posters and viewed clips about Hope.

Students reflected on what Hope means to them and created their own beautiful Hope poems based on the structure of a previously used class prayer called *Peace Comes To Me*.

Each fortnight we will share more poems from the 4/5 Class in our newsletter.

Hope

When the wind blows
Hope comes to me

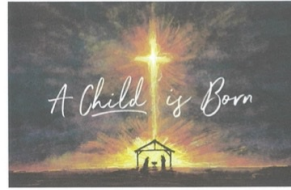
When I see a dog
Hope comes to me



When I eat ice cream
Hope comes to me

When I play soccer
Hope comes to me
When I go for bike riding
Hope comes to me
Let hope come to us all

By Jett



Hope

By Felix Henderson

When you're at the beach

Hope comes to you

When you're eating chocolate chip cookies

Hope comes to you

When you're watching your favourite movie

Hope comes to you

When you see your favourite animal

Hope comes to you

When you're at your favourite place

HOPE

WHEN YOU SEE MOUNTAINS,
HOPE COMES TO YOU,
WHEN YOU SEE NATURE,
HOPE COMES TO YOU,
WHEN YOU MAKE FRIENDS,
HOPE COMES TO YOU,
WHEN YOU PLAY WITH YOUR PETS,
HOPE COMES TO YOU,
AND WHEN YOU HUG YOUR MUM OR
DAD,
LISTEN TO THE BUZZING OF WINGS,
THEN HOPE COMES TO YOU,
LET HOPE COME IN DIFFERENT WAYS,
LET HOPE BE WITH ALL OF US



Alex Ferrier, Suzie Wallace

4/5 CLASS TEACHERS

Recycling Bread Tags and Bottle Tops



Wonder Bread has created a recycling rewards program that our school is participating in. For every 5kg of Bread Tags we collect, we receive points which allow us to obtain free sports equipment. There is some great equipment we can get for our school. The best part

about recycling the bread tags is that we are able to reduce the rubbish that goes to landfill. There will be a large box in the front office for Bread tags along with boxes in each of the classrooms. Please ask your family and friends to collect them and bring them to school.

We also ask for families to continue bringing in bottle tops to be recycled also. We did a wonderful job over the past 2 years recycling these plastic items.

IHM House Leaders Broadcast



Gathering as a community for assemblies is an important part of being a school community. Due to COVID restrictions in schools, this is not something we have been able to do this year. In order to keep classes connected, our IHM House Leaders run a weekly Microsoft Teams Broadcast where they share highlights from classes or the yard, important news or information for our school and focus on the many celebrations of hope and love in our school. Ms Kinsman and I could not be prouder of them for organising themselves and being such stronger leaders of our IHM community. Keep up the fantastic effort.

Project Compassion – IHM Coin Challenge

On Friday 8th April our House Leaders have organised an IHM Coin Challenge. Students are asked to bring in as many coins as they like and classes will compete to have the longest line and the most amount of money raised. This is a great way to raise funds for Project Compassion and let our House Leaders be leaders of change in our school community by organising and running events to raise funds and awareness for those in need.

Please see the Flyer created by Alexandra Nikolas for more information.

IHM COIN CHALLENGE!

When: Friday week 10 (8th April)

What: Bring in as many coins as you like. It can be 5c, 10c, 20c, 50c, \$1 or \$2.00. The money raised goes to project compassion. There will be two prizes. The class with the longest line and the class who raises the most money.

PROJECT COMPASSION FOR ALL FUTURE GENERATIONS

Have a safe and happy fortnight.

Annette Diassinias

APRIM

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30.03.22

Maths Learning in Year 1/2 H

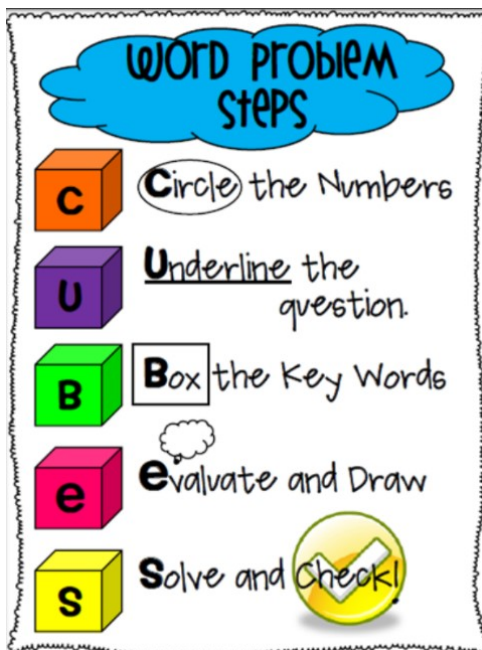
In 1/2 H we have been focusing on working out addition and subtraction word problems using a range of strategies.

We have discussed different ways that we solve addition and subtraction problems like:

- Using our fingers to add up / subtract
- Using a number line
- Using a hundred chart
- Counting on from the biggest number
- Using known facts
- Drawing a picture of the sum – using tally marks or representations

We looked carefully at the language in the word problems and worked out clues to tell us if it was an addition or a subtraction word problem.

We also learnt about the CUBES problem solving method which helps us work our word problems. We even wrote our own subtraction and addition word problems for each other to solve.



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30.03.22

P & F News

Easter Raffle Reminder

Families have one more week to buy or sell their raffle tickets for our Easter Raffle. Every family received a booklet of 10 raffle tickets

which will need to be returned (sold or unsold) by **FRIDAY 8th APRIL**. The raffle will be drawn on Wednesday 13th April. If you require more tickets they can be obtained from the Office. Good Luck and Happy Easter!

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30.03.22

School Finance

School Card

Are you eligible for School Card in 2022?

School Card is a South Australian Government initiative to assist low to middle income earners with education costs.

Please see the table below for income limits:

Number of dependent children	Combined gross family income limit for 2020/21 financial year	Gross Weekly school card income level
1	\$62,440	\$1,201
2	\$63,555	\$1,223
3	\$64,670	\$1,245
4	\$65,785	\$1,267
5	\$66,900	\$1,289
Each additional dependent child	\$1,115	Add \$22 for each dependent child

If you think you may be eligible, please complete your application for school card online by following the link below:

<http://www.sa.gov.au/topics/education-and-learning/financial-help-scholarships-and-grants/school-card-scheme>

If you require a paper form, please see Julie or Kristina in the School Office.

If you have any queries in relation to your school fees, please contact Kristina Neumann - kneumann@ihm.catholic.edu.au or 8115 7600 or in person Monday to Thursday.

Kristina Neumann

FINANCE MANAGER/BURSAR

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30.03.22

School News - Let's Help Jack!

Jacko's Journey 2022

In September, Jack Peel from class 2/3PB will be embarking on a journey to help him walk, run and jump more easily. Jack has Cerebral Palsy and doing some of the things we take for granted can be really tricky and sometimes impossible. Jack and his family will be heading to the USA so he can undergo a life-changing procedure called Selective Dorsal Rhizotomy (SDR). The surgery will free Jack of pain which he experiences daily and help him move more easily. Jack's mum, Skye, has started fundraising for the journey which includes 6 weeks in the US and 10 months of pre and post operative costs. Her fundraising goal is \$180K. So far, she has raised over 100K with the help of Variety SA and other incredible organisations and individuals.

If you would like to follow Jack on his journey, please check out the Jacko's Journey 2022 socials or chat to Skye!

Facebook:  <https://www.facebook.com/Jackosjourney2022-104779785449167/>

Instagram:  <https://www.instagram.com/jackosjourney2022/>

SAVE THE DATE & BOOK THE BABYSITTER - FRIDAY 20th MAY

QUIZ NIGHT FUNDRAISER for Jacko's Journey 2022

The Fitzroy Footy Club will be hosting a Quiz Night on Friday 20th May from 6.30pm which will include a silent auction, wine wall, raffle and lots of laughs! All proceeds will be going to Jacko's Journey 2022. This is an adults only event. Come and let your hair down for a night and have some fun!

Tickets are \$20 each. Rally your friends and book a table of 10! Tickets will be available in the coming weeks with more information in the next newsletter.

Let's help Jack get to the USA!



[View this article online to read more](#)

Sports Day Postponed

As previously notified in our last Newsletter our Sports Day scheduled to take place this Friday has been postponed until **Friday 28th October in Term 4**. This was necessary due to the large numbers of staff and students impacted by COVID.