



ISSUE 2 · WEEK 4 TERM 1

IMMACULATE HEART NEWS

EVELYN JONES- YEAR 10 MEDIA

Message from the Principal's Desk

Mrs Samantha Da Luz

Dear Parents/Carers

It has been a wonderful start to the year with students settled into routines and our Senior students already tackling their assessment work. Thank you to all teachers and students for this smooth transition back.

I was very pleased to see the turnout of parents and students at the recent Year 10 Information night as it gave us a good indication as to what pathways our students are currently considering for Year 11. As our numbers in the Secondary School continue to grow quite rapidly, I am mindful of supporting the specialty areas more, in order to provide that depth and breadth of the curriculum effectively. I look forward to the careers counselling interviews which will be taking place soon in order to identify courses and pathways for students, as well as inform our school planning for 2024.

Congratulations to Temperance for winning our first sporting event of the year in the Secondary School Swimming Carnival. Well done to our PE team for organising such an efficient event and to all staff and parents for their help on the day.

We welcome a new P&F executive committee who I am looking forward to working closely with throughout the year:

- President: Simon Cox
- Vice-President: Kathi Rogers
- Secretary: Alison Reliti
- Treasurer: Laura Hughes
- Fundraising Coordinator: Emily Rogers

For a full list of committee members and coordinators, please refer to the P&F minutes on their [Facebook Group](#).

The Student Representative Councillors will be announced next week and presented with their badges. Congratulations to all students who applied this year and who were interviewed by a panel over two weeks, consisting of Ms Hegarty, Mr Kelly, Mrs Da Luz and Mrs Hall in Mrs Da Luz's absence. The quality of the candidates was extremely high and we thank all candidates for their interest, time and services offered.



As we now embark upon our Lenten season, let us remember that this is the time to prepare ourselves in our interior lives just as Jesus did as he wandered and suffered in the desert; we are preparing for our Lord's ultimate gift of love to us all, salvation: eternal life.

Thank you to our Theology team of Mr Kelly, Mr Brennan, Mrs Walsh and Ms Wright for preparing our students in their classes, around campus and at Cor Maria after school on Fridays for this very important and beautiful liturgical season.

Until next time, God bless.

Save the Dates

For further details, please visit the College Calendar:
<http://ihc.wa.edu.au/calendar/>

Monday 27 & Tuesday 28 February
OLNA Writing - Year 11 and 12

Monday 27 Feb to Friday 10 March
Primary School Swimming Lessons begin (no swimming on Friday 3 March)

Thursday 2 March
Youth Leaders Conference

Friday 3 March
Year 6 Leadership Speeches - 1:45pm

Monday 6 March
Labour Day Public Holiday - College Closed

Tuesday 7 to Friday 10 March
OLNA Numeracy and Reading - Year 11 and 12

Monday 13 March
ACC Interschool Swimming Carnival

Thursday 16 March
Year 6 Bake Sale Fundraiser

Friday 17 March
St Patrick's Day
Years 3 to 6 Swimming Carnival

Monday 20 March
NAPLAN Testing Period Begins

Tuesday 28 March
Parent Teacher Interviews

Assemblies Term 1

Tuesday 28 February - Secondary School
Tuesday 21 March - Year 5 Assembly
Tuesday 28 March - Secondary School
Tuesday 4 April - Year 4

Interschools Equestrian Championships are coming up - Have you got your entry in?

If you are interested in participating and representing IHC at the State Equestrian Centre (Brigadoon), head over to Nominate and get your entries in! The event is being run from 19 to 22 April, and includes both primary and secondary show horse, combined training, vaulting, jumping and dressage. Please note that you must be an EA member, and need to have attended qualifying events to participate. If you are unsure about qualifications please see Miss Siegart or Mrs Davis.

If you have entered, please email Isabelle.siegart@ihc.wa.edu.au so that we can complete the school endorsement form. Click [here](#) for a full competition schedule.



First Week of Lent

This week, the Church's Liturgical Calendar now turns its attention towards Lent. Just as Jesus spent 40 days praying and fasting in the desert prior to the beginning of his 3-year public ministry, Christians all over the world engage in prayer, fasting and almsgiving for the six weeks that precede the greatest season of the Church's liturgical year: Easter.

It's no surprise then, that at IHC, students and staff are being encouraged to embrace some form of Lenten discipline. In the setting of a Catholic School, we abstain from meat on Ash Wednesday and, on that same day according to Canon Law, adults (16 years and older) should fast by eating one main meal and two smaller meals.



However, Week 4 isn't all fasting and abstinence; students will first celebrate Pancake Tuesday. It's also known as Shrove Tuesday from an old English word "shrive" which means to have one's sins forgiven. In earlier times, people fasted from foods that went into the making of a pancake (e.g. eggs, fat, milk). It was all used up on the day before Lent began.

It is fitting, therefore, that the College Virtues Program for Term 1 has as its focus the Cardinal Virtue of Temperance, the virtue by which we moderate our actions and exhibit self-control and balance in all aspects of our lives. Psychologists tell us that 6 weeks (the duration of Lent) is the time needed to embed a good habit and also to eliminate a bad one.

So, this Lent, let's increase the prayer, do something extra for someone, let go of a bad habit and, if possible, donate some coins to the Project Compassion Boxes from Caritas that will be handed around during pastoral care class.

Mr Paul Kelly - Head of Theology, Faith and Liturgy

Day Camp

Year 7 Students

What a great start to school because in Year 7 we rule!

On Friday the 10 February, we were lucky enough to go to Kerem Adventure Camp in Bullsbrook. The goals for the day were to have fun, get to know our peers and to reflect on our goals for 2023. And that we did.

We were split up into our core groups and were sent on our way with Mrs Hughes, Mr Heatherly and Mrs Searle. The groups had two activities to complete before lunch: archery and the Low Ropes Course. In archery, we spent a lot of time listening to instructions and learning how to hold the bow and arrows safely. Peter Sandrini scored 5 hits including a bullseye! The Low Ropes Course got us working as a team. We tackled lots of balancing activities and had our spotters helping us through.

After lunch we all went onto the oval and completed the Water Totem activity. In groups, we had to fill up the totem with water while the staff at Kerem blasted us with the hose.

At the end of the day, Mr Kelly came down to Kerem. He told us a great story about forgiveness and giving back, and he also helped us reflect on our goals and how we can become better people.

We were all very tired on the bus trip back to school, but it was so good to get to know the people in our classes.



Year 8 & 9 Mechanical Workshop

Mr Joshua Heatherly

The students are currently practicing welding and steel fabrication skills in preparation for our Term 2 motorcycle restoration project. The bike is a 1994 ex-Australia post CT110 which has sat in storage for over a decade. The students have named it "Patrick" after Postman Pat of course. Over the next four weeks, they will practice safe cutting, bending and forming of steel as well as how to weld the paper thin motorcycle frame safely. In the last few weeks of term, the students will continue to learn about Mechanical systems before we begin the build. The students are all very excited and are ready to get their hands dirty!



Year 10 Information Evening

Mrs Kim Knight - Year 10 - 12 Coordinator

On Wednesday 15 February, Year 10 students, parents and carers were invited to attend an information night for senior secondary pathways. We had over thirty attendees plus several key staff.

Why so early in the year, you may ask! Well, it is especially important for students in this year group to be informed of the process for Senior Secondary (Year 11 and 12) course selections, but also to understand the IHC course, and external RTO (Registered Training Organisation) options, so decisions can be made as early as mid 2023. As an outcome of this session, our attendees will commence course and career discussions, which will empower informed decision making when the time comes.



Congratulations

TEMPERANCE

Thursday 16 February brought us some monumental results! The day saw massive amounts of participation of those that attended from both staff and students, and for this we cannot thank you enough! Without the involvement of everyone, the day would simply not work. As for the results ...

Champion House

1st **Temperance** - 596

2nd **Prudence** - 441

3rd **Justice** - 435

4th **Fortitude** - 332

Champions

Year 7 Runner Up Boy - Harrison Moore

Year 7 Champion Boy - Peter Sandrini

Year 7 Runner Up Girl - Hannah Rose

Year 7 Champion Girls - Lilli Phillips and Bessie Read

Year 8 Runner Up Boy - Oscar Lear

Year 8 Champion Boy - Ollie Lear

Year 8 Runner Up Girl - Abby Kitto

Year 8 Champion Girls - Sophie Tennant

Year 9 Runner Up Boy - Mitchell Martin

Year 9 Champion Boy - Hayden Cunningham

Year 9 Runner Up Girl - Amelia Rushton

Year 9 Champion Girls - Lillie Hall

Open Runner Up Boy - Kade Elkington

Open Champion Boy - Jack Sandrini

Open Runner Up Girl - Haylee Johnstone

Open Champion Girls - Keira Dowding

