



ISSUE 4 · WEEK 8 TERM 1

IMMACULATE HEART NEWS

CHELSEY POLLARD – YEAR 10 MEDIA

Message from the Principal's Desk

Mrs Samantha Da Luz

Dear Parents and Carers

I had a very productive meeting with our new P&F leadership committee last week and it was exciting to share with them some updates for our college as well as develop new ideas together. It is therefore timely to also share with all of you where we are in terms of projects and priorities for our community.

ELC Playground: The P&F have sourced some nature play equipment which the proceeds of last year's Colour Run will be utilised towards as well as requests for funding from other areas. Sandpits are being cleaned and replenished, the cubby house is being lowered and a general clean up will be conducted during our Busy Bee to be scheduled soon. Once the grounds have been prepared and remedied, our new equipment will be able to be installed. Watch this space for those updates.

ELC Car Park: You may have noticed that we have received some crushed limestone recently. We are waiting for the use of a roller and more limestone to be delivered so that Mr A can remedy a section of the car park by the Jacaranda trees. This will then leave the turning circle unobstructed at the top end for our buses to safely turn around for drop offs and pickups and provide for adequate parking for all our visitors and staff.

Library: We are still very much focussed upon the remodelling and filling of our new library. We hope to engage a team of builders soon and in the meantime, Mrs Alison Brown has been busy collating materials and sourcing cataloguing systems organised for this purpose. As soon as we can get the tradespeople in, I will be able to inform you of our grand opening.

Administration: We are also awaiting final quotes on the remodelling of our Front Office. We are getting excited for the new space to provide for a larger reception area and additional office space.

Before and After School Care: A survey is going out next week to find out about the interest amongst our community to have a Kidz First centre at Immaculate Heart College. In order to proceed with our intentions, we need to ascertain as to the viability of such a partnership. If you are genuinely interested in accessing the facilities at IHC, please indicate so on the survey. A link will be sent out to all families next week.

Interventions: After reviewing last year's NAPLAN data and other standardised test results, we have committed to address priority areas of need. This has involved investing considerable sums of money in the training, upskilling and employment of current and new staff, purchasing resources and allocating specialist teaching spaces. Currently, we have two trained staff members: Mrs Alison Brown and Mrs Fiona Schmidt with a new member joining the team soon, who have been testing our students and organising small group interventions. This means we will be able to cover Years PP-10 using the MultiLit (Macquarie University) suite of programs from MiniLit Sage in the early learning years to MacQLit from Years 3-10. We also continue to carefully assess and monitor ALL our students in our classes to ensure that gaps are identified, which can then be addressed.

New College Master Plan: I am excited to announce that SITE Architecture Studio has been engaged to partner with us for the next phase of development and growth. We hope to work closely together to develop a vision for spaces which encourage pedagogical diversity and creative learning opportunities for our students, and where appropriate utilising the unique location and beauty of our rural setting. This includes addressing our most pressing concerns with overland stormwaters and proposed capital works priorities. I look forward to providing more detail to you next semester.

My thanks go to all staff members for their ongoing hard work and dedication to the students in their care and to our college community – this is evidenced by the number of correspondence and meetings that I have received notifications upon and/or been involved in throughout the past month. With the Interim Report Parent meetings coming up on Tuesday next week, it is a good time to come in and meet your children's teachers and to discuss any concerns and/or celebrate the successes thus far. If I don't get an opportunity to see you all then, I hope you will be able to attend the P&F meeting on Friday next week at 5pm at the Assembly hall – if not in person, then online. We are going live!

Congratulations and thanks to the PE team, staff, leaders and our wonderful P&F for a wonderfully organised and successful Primary Interhouse Swimming Carnival last week. It was lovely to see so many families who also came out to support their swimmers and the college. Well done to Prudence who were victors on the day!

I would like to end my newsletter this week with a special acknowledgement going to Georgia Knapp in Year 10. Georgia has been playing polocrosse since she was 6 years old. She has recently been rewarded for all her hard work and talents by being selected to represent Western Australia in the Junior Mixed side at the coming Albury Autumn Classic in NSW. We wish Georgia all the best at this exciting and privileged opportunity and look forward to hearing all about her experiences. We are so very proud of you, Georgia – go WA!

Take care until next time and God bless.

Save the Dates

For further details, please visit the College Calendar:

<http://ihc.wa.edu.au/calendar/>

Monday 27 March

NIPSSA Primary School Interschool Swimming Carnival
NAPLAN - Catch-up Day

Tuesday 28 March

Parent / Teacher Interviews - **students dismissed at 12:20pm**

Thursday 30 March

Primary School Incurion - WASO Concert
Sacrament Information Evening - 6:00pm

Sunday 2 April

Palm Sunday

Thursday 6 April

Term 1 Concludes

Friday 7 April

Good Friday - Public Holiday

Sunday 9 April

Easter Sunday - Public Holiday

Monday 10 April

Easter Monday - Public Holiday

Wednesday 19 to Saturday 22 April

Interschool Equestrian Championships

Tuesday 25 April

ANZAC Day - Public Holiday

Wednesday 26 April

Term 2 Commences

Assemblies Term 1

Tuesday 28 March - Secondary School

Tuesday 4 April - Year 4

Thursday 6 April - Year 6 Passion Play

From the Heart

This week began with the Feast of St Joseph. The Church regards Joseph as the Patron of the Universal Church. He is also the Patron Saint of workers.

St Joseph is not famous for spectacular miracles or being a person of great speeches. He was a quiet, hard-working tradesman. Sacred Scripture describes Joseph as a "just man" (Matthew 1: 19)



and from that we can conclude that he was totally dependable, intensely loyal and always honest. We can only imagine the exquisite quality of his work in the carpentry shed in Nazareth; everything done in proper measure with perfect timing and balance. Jesus would have spent hours in that shed with Joseph, his foster-father. During the first 30 years of Christ's life, commonly known as the "Hidden Life" in Nazareth, they shared the typical work-a-day experience of most people throughout human history. In so doing, God was blessing ordinary work. The Church, therefore, sees work as an opportunity for us all to receive grace.

From a Catholic perspective, we are called to "offer up" the joys and sufferings of our work lives, wherever we find ourselves: the student in the classroom, the farmer in the paddock, the person working from home. One expert theologian on St Joseph said that most people are not aware of how hard his life would have been. The flight to Egypt to escape King Herod's soldiers who were trying to kill Baby Jesus would have been a very difficult journey. The route the Holy Family took from Bethlehem was very dangerous because it was a favourite road for bandits. However, St Joseph, the guardian of Jesus and Mary was equal to the task. We can easily imagine Joseph, staff in hand, protecting his precious human cargo from all comers. So, let's pray to St Joseph this week to protect our families from spiritual and physical perils.

Mr Paul Kelly - Head of Theology, Faith and Liturgy

St Patrick's Bake Sale with Year 6s

Mrs Bianca McLaughlin & Mr Nino Raju

On Thursday 16 March, the Year 6 students held our annual bake sale in conjunction with St Patrick's Day to raise funds for our FUN DAY at the end of the year. We adopted the theme of all things GREEN and sold cupcakes, jelly cups, cookies, and other tasty treats to the Primary and Secondary School students during recess and lunch. Our Year 6 students are excited to announce that they raised a huge \$915 towards our fundraising bank! Thanks goes to everyone who supported this cause and contributed to our success.



Reach for the Stars Assembly

Year 5

This term, Year 5s have been reading a book called "To Catch a Falling Star" and making artwork based on van Gogh's "The Starry Night". For these reasons, we decided to give our assembly item a "Reach for the Stars" theme.

We started our assembly by sharing some of our artwork. We have been learning about famous artists, one of which is Vincent van Gogh, a Dutch artist. Van Gogh painted in a style called Post Impressionism, using bright colours and symbols to show emotions and feelings in artwork. One of his most famous works was "The Starry Night". This piece was the influence for our own interpretations.

We finished our item by singing the song "Reach for the Stars" by S Club 7. We enjoyed singing and dancing for the rest of the school. Later in the day, students from around the College were happily coming up to us singing our song. We think they must have enjoyed it.



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.



Year 6 Student Leaders

Head Boy & Head Girl

Mitchell Diano and Tahlia Searle

Head of Christian Ministry

Kent Quibot and Madison Madgen

Head of Sport Ministry

Hamish Hall and Lilli McDonald

Head of Assembly & Sustainability Ministry

Quinn Zillessen and Jacob Paterson

Head of Peer Engagement Ministry

Jack Knapp and Astasia Gooch



Congratulations

PRUDENCE

The Year 3 to 6 students competed in the IHC Primary Swimming Carnival on Friday 18 March at the Gingin Swimming Pool and what an amazing day it was. It was great to see everyone getting in the pool and having a try. A big special thanks to all the teachers and parents that helped to make the day a great success. Also thanks to our awesome P&F team for keeping us fed and hydrated.

Year 3

Boys Champion: Oakley Jack

Runner up: Sam Hall

Girls Champion: Haleah Sinclair

Runner up: Lexi Rushton

Year 4

Boys Champion: Xavier Leggett

Runner up: Flynn Batten, Elroy Hughes, Harry Kirby

Girls Champion: Sabine Zillessen

Runner up: Indee Cooley

Year 5

Boys Champion: Leo Jack

Runner up: Lucas Cox

Girls Champion: Rhiannon Searle

Runner up: Raquelle Cumbo

Year 6

Boys Champion: Hamish Hall

Runner up: Quinn Zillessen

Girls Champion: Tahlia Searle

Runner up: Indianna Barker



Mr Daniel Martin



Vaping

Do you know what they're vaping?

Immaculate Heart College, like many other schools, has seen a recent increase in young people vaping.

E-cigarettes, or 'vapes', are not safe for young people. They come in many shapes and sizes and can be hard to spot as they can look like everyday items including highlighters, pens or USB memory sticks.

Key vaping facts

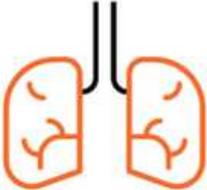
- Many vapes contain nicotine. Nicotine can cause long-lasting negative effects on young people's brain development, including impaired learning ability and altered mood, and can increase the risk of depression and anxiety.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray, which can lead to serious lung diseases.
- Young people who vape are 3 times as likely to take up smoking cigarettes.

The laws around selling vapes

It is reported that young people often purchase vapes online, from retail stores or from friends and contacts in the community. However, it is illegal in WA to sell e-cigarette devices and nicotine vaping products to anyone regardless of age, unless they are prescribed by a doctor for smoking cessation purposes and obtained with a prescription from a pharmacy. E-cigarette devices and their components, whether they contain nicotine or not, cannot be sold by tobacco or general retailers in WA. You can report suspected illegal sales of vapes to the Department of Health by emailing TobaccoPolicy@health.wa.gov.au.

Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to have a conversation, not deliver a lecture. Importantly, get the facts at: www.education.wa.edu.au/drug-education or click on the poster to download a fact sheet for parents and carers.

 <p>NICOTINE</p> <p>Many vapes contain nicotine making them very addictive</p>	 <p>FRUITY</p> <p>The nicotine in 1 vape can = 50 cigarettes</p>	 <p>Young people who vape are 3 times as likely to take up smoking</p>	 <p>HOW BIG IS THE PROBLEM?</p> <p>As you may be aware, the uptake of vaping by young people is increasing. Research shows that in WA, 13.5% of school students aged 12 to 17 years have tried an e-cigarette.</p> <p>Of those who had tried 2 out of 3 (66%) had not used one in the last 30 days. Young people who vape are 3 times as likely to take up smoking cigarettes.</p>
 <p>Vaping has been linked to serious lung disease</p>	 <p>Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray</p>	 <p>Vapes come in a variety of designs and styles and can be easy to conceal</p>	<p>NICOTINE IS HARMFUL FOR YOUNG PEOPLE</p>  <p>Nicotine is a drug that is often in vapes and is highly addictive for young brains.</p> <p>It can cause long-lasting negative effects on brain development.</p> <p>Nicotine changes the way brain synapses are formed in young people.</p> <p>The impacts can include impaired attention, learning, memory, and changes in mood.</p>
<p>VAPES APPEAL TO YOUNG PEOPLE</p> <p>The flavours (such as watermelon, grape, caramel, bubble-gum, vanilla and mint) and colourful packaging used for vapes make them appealing to young people. Many vapes also contain nicotine, which young people can become addicted to very quickly.</p> <p>Tobacco companies are continuously looking for new customers. Vapes are a new way to get young people addicted to nicotine, which is often difficult to quit.</p>		 <p>GRAPE ICE</p> 	



IHC PARENTS & FRIENDS ASSOCIATION

5 REASONS TO JOIN US!

WHO IS THE P&F ASSOC?



A group of parents, grandparents, carers and friends of the school who believe in providing the best resources for our kids.

We do this through arranging various fundraising events and ensure the money raised is spent where it's needed.



BUT I DON'T HAVE TIME....

Every single minute of your time is valuable to us. We appreciate and encourage people to join and just let us know your skills set and availability, even if that is limited.



I'LL BE FORCED INTO HELPING...

You can choose to help at one event, all events or no events.

You will never be forced into anything you do not want to do.



I DON'T KNOW ANYONE ON THE P&F...

Its actually a great way to meet new people and make some wonderful, life-long friends. We are all parents just like you and we do this because we enjoy making a difference to our children's school.

I'M NOT CREATIVE...

That's fine! We also need people who can make phone calls, complete admin tasks or pick up supplies. Some events are well established and we have guides to follow, so everything is easy.



BE MORE CONNECTED TO THE SCHOOL



We all want the best for our children.

Joining the P&F Association is a great way to stay connected with what's really going on at school (not gossip!)

It allows you to have your say on various topics and play a part in where fundraising money is spent.



HOW TO JOIN



Simple! There are 2 ways...

- 1) Log into the QKR! App, pay \$1 to join us.
- 2) Attend a meeting in person or online to understand what we do, then join up on QKR!



ITS A GROWING SCHOOL, I'M SURE THERE ARE PLENTY OF HELPERS...



Did you know only 1% of families currently form the P&F Association, so we NEED you to help make a difference.

Join a fun, friendly and supportive group of people and together we can achieve so much!

Have questions or want to contact us?

ihcparents.friends.association@gmail.com