



# IMMACULATE HEART NEWS

ISSUE 7 WEEK 6 TERM 2

CROSS COUNTRY

## Message from the Principal's Desk

*Mrs Sammantha Da Luz*

Dear Parents and Carers

I hope this edition of our newsletter finds you all well and in good spirits as we embrace another exciting week here at IHC. I would like to take a moment now to reflect on our journey together and share some important updates and upcoming events.

**Celebrating Achievements:** It brings me immense joy to witness the remarkable achievements of our students in various spheres. Whether it's academic excellence, artistic endeavours, or sporting triumphs, each accomplishment contributes to the vibrant tapestry of our school community. I extend my heartfelt congratulations to all our students for their hard work and dedication as well as to the teachers, parents/carers and our P&F for their continued support of our children.

**Upcoming Events:**

1. Senior Girls Wellbeing Retreat: Does Emotional Intelligence (EI/EQ) matter more than IQ? In reality, high IQ is no guarantee of success. How successful we are in life is determined by both emotional intelligence and by IQ, although intellect works best when it's accompanied by high emotional intelligence. Today, standards of intelligence are still commonly applied to cognitive performance. The misconception that IQ alone is the predictor of success still applies today. In reality, IQ contributes to around 20% of the factors that determine life success - we all know someone (or perhaps are that person) who has a high IQ yet struggles to do 'well'. So what accounts for the other 80%? Along with factors such as social class and plain old luck, Goleman (1995) argued that life success is influenced more by an individual's ability to engage the five aspects of EI/EQ that we will explore with the students on retreat: Self-regulation, motivation, empathy, social skills and self-awareness. In essence, "If a child can do advanced maths, speak 3 languages or receive top grades, but can't manage their emotions, deal with conflict or handle stress, none of that stuff is really going to matter." (Unknown)
2. ACC Cross Country: We wish all our Secondary students and their supporters a great day of sportsmanship and personal bests and know they will represent our college proudly.
3. Year 10 and 11 Examinations: As we approach the conclusion of the semester, our students will be preparing for their end-of-unit examinations. I encourage each student to approach these assessments with confidence and diligence, knowing that their efforts will yield fruitful results.
4. Schools Re-registration Visit: The college is undergoing re-registration that all independent schools go through at periodic intervals. The Leadership team and our Board of Governors have worked together to ensure a successful audit and re-registration. Thank you to all for your hard work towards this end.

**Safety Reminder:** As always, the safety and well-being of our students remain our top priority. With so many new viruses popping up in recent times, I urge everyone to continue with proper hygiene practices to ensure a safe learning environment for all. It is important to look after yourselves well and to also not present at the college if you are experiencing symptoms. To assist with greater hygiene practices, I have implemented more detailed cleaning routines with our contractor during this current heightened period.

**Parent-Teacher Meetings:** Parent-teacher meetings play a crucial role in fostering open communication and collaboration between home and school. I encourage parents to actively participate in these meetings to gain valuable insights into their child's academic progress and overall development whether via phone or in person.

**Leave:** In Weeks 8 and 9, Mr Paul Kelly will be my nominee on the college site whilst I recuperate from surgery. I hope to be available online for Weeks 9 and 10.

**Closing Thoughts:** Thank you for your continued support and dedication to our school's mission. Together, let us strive for excellence and continue to inspire one another to reach greater heights with God as our confidante and companion.

## Save the Dates

For further details, please visit the College Calendar:  
<http://incwaeuau/calendar/>

### Week 7

- Mon 27 May: Senior Girls Wellbeing Retreat
- Tue 28 May: Kindergarten Health Check
- Thu 30 May: ACC Secondary Cross Country
- Thu 30 May: Primary School Assembly - Year 2
- Fri 31 May: Years 3 to 6 Mass
- Fri 31 May: Cor Mariae Youth Group Commences

### Week 8

- Mon 3 Jun: WA Day Public Holiday - College Closed
- Tue 4 Jun: Year 10 and 11 Examinations Commence
- Thu 6 Jun: Secondary School Assembly
- Fri 7 Jun: Feast of the Sacred Heart
- Fri 7 Jun: Pre-primary to Year 2 Mass

### Week 9

- Mon 10 Jun: Secondary School Incursion - Bully Zero - Understanding Bullying
- Thu 13 Jun: Primary Assembly - Music
- Fri 14 Jun: Years 7 to 12 Mass



## From the Heart

Weeks 5 and 6 have quite amazing bookends. Week 5 begins with the Feast of Blessed Franz Jagerstatter (1907-1943) and Week 6 ends with the Feast of the Visitation of the Blessed Virgin Mary. Both individuals were humble, unassuming and focused totally on the Will of God in their lives. Blessed Franz was an Austrian who lived under Nazism. After Germany had annexed Austria and conscripted Austrians into its army, he paid the ultimate price for refusing to take up arms on the side of Hitler. On the 9th of August 1943, shortly before his execution, Franz wrote "If I must write... with my hands in chains, I find that much better than if my will were in chains. Neither prison nor chains nor sentence of death can rob a man of the Faith and his free will. God gives so much strength that it is possible to bear any suffering...".



When Our Blessed Mother was visited by the Angel Gabriel and told that she would be the Mother of Our Saviour, she did not rest on her laurels when the Angel left her. Our Lady immediately "made haste" to the Hill Country of Judea to visit her cousin Elizabeth who was also "with child", in her 6th month, carrying Jesus' older cousin: Saint John the Baptist. This is the Second "Joyful" Mystery. We can imagine that the trip to the Hill Country of Judea was arduous and perhaps even dangerous, but hardly "joyful". Yet, in spite of the discomfort, there was joyful anticipation in Mary's heart at the thought of seeing her own Child and the child of her cousin Elizabeth. This is the other-worldly love of the Saints. They always have an eternal perspective that makes them face serenely whatever life throws at them. Such was also the case with Blessed Franz Jaggerstatter, he knew that his unjust execution was his gateway to a much better Life that never ends.

*Mr Paul Kelly  
Head of Theology, Faith and Liturgy*

## Teddy Bear Picnic

*Mrs Natasha Shuker*

The Year 3 students were given the task of designing and creating a soft toy for a buddy in Pre-Primary. Students collaboratively designed the soft toy with their buddy, then they needed to plan a series of sequenced steps to create the soft toy. The Year 3 students explored creative, innovative, and imaginative ideas and approaches to achieve a final product that was worthy of their buddy. The soft toys were then gifted to the Pre-Primary students at a Teddy Bear Picnic in ELC. Students enjoyed biscuits and Milo while a story was read to them by their Year 3 buddy. The Pre-Primary students seemed delighted with the final product and happily played with their new soft toy.



## Visual Arts Year 9 & 10 Excursion

*Ms Kelly Burton*

On Wednesday 8 May, students ventured to the Art Gallery of Western Australia (AGWA) in the heart of Perth for the 2023 Pulse exhibition, viewing the best of WA's Year 12 Visual Arts ATAR works. Experiencing a guided tour where the art works were discussed in regards to techniques, materials and meanings, students indulged in the many pieces selected and were amazed at the level of creativity and vision from fellow high school students. They then participated in a workshop titled "Forecast". From reflecting on massive photographic images depicting our environment and the indigenous kin with whom we share this land, to painting a special tree or part of the environment that has helped shape our connection to the land, students immersed themselves into a creative, reflective journey of the transient world around us. To finish the day, students visited Anna Park's works, drawing upon past iconography with modern motifs, and briefly visited glass works by emerging WA artists.

It was an enriching, enjoyable day for all.



# Cooking Club

Mrs Fiona Marsden

Last week in Cooking Club, we prepared walking tacos. Students helped in chopping the toppings and then assembled their own tacos.

# Walking Tacos

### Ingredients

- 1 small packet of Doritos
- Taco sauce
- Toppings of your choice (cheese, tomato, cucumber etc)

### Method

- Open up your Dorito packet
- Pour in a small amount of the taco sauce
- Add your favourite toppings



Kindergarten & Pre-primary



Fortitude: 795  
 Justice: 760  
 Prudence: 750  
 Temperance: 670

# Congratulations Fortitude!

Last week we held our Cross Country carnival for both the junior and the senior schools. The day started with some rain but the sun was kind enough to grace us with its presence and it was a fantastic day for all. These days do not run smoothly without a massive team effort so a big thank you to all students, staff and parents for their contribution and involvement. Congratulations to all those students who have qualified to go to either ACC (SS) or NIPSSA (PS).



	Champion	Runner-Up
Pre-primary	Nate Priestman Margot Starkey	Rhys Grant Hailey Noonan
Year 1	Tyler Tyrer Ayla Batten	Hudson Sewell Ivy Moso-Muller
Year 2	Jack Wainwright Aeryn Cox	Ewan Hughes Sunny Zillessen
Year 3	Kayden Puglia Lily Kenward	Kyran Severson Ava-Mae Asher
Year 4	Hunter Leggett Isabelle Rose	Taj Lomas Harper Kuhn
Year 5	Oscar Starkey Layla Boyland	Chayse Mcdonald Sabine Zillessen
Year 6	Tommy Rose Charlie Oakley	Leo Campbell Rhiannon Searle
U13	Tyler Kanther Lilli Mcdonald	Riley Springett Willow Hawkins
U14	Ashton Meakes Hannah Rose	Jesse Meakes Ella Kitto
U15	Oscar Lear Sophie Tennant	Ollie Lear Marisse Pama
U16	James Carver Amelia Rushton	Jeremy Rose Caitlin Mccoy
Open Boys	Kade Elkington Haylee Johnstone	Rocky Reeve Keira Dowding

