Dear Parents, Students and Community Members,

I am preparing this newsletter immediately after a wonderful Welcome Mass for the beginning of the year. This was the first time we have gathered in the Church as a whole school (Years 1 – 6). The response of the students was exceptional given it was a new experience as one large group.

My thanks to Fr Ian for celebrating the Mass and for making everyone so welcome. Thanks to Mrs Meyer for organising the Mass with support from Mrs Horrocks and Mr Torrese with the music. Our class teachers prepared the students well for the Mass and our Year Six students provided the necessary leadership of the Mass most effectively. A wonderful way to start the year asking for a blessing on our work as a school and community throughout the year.

As our reflection for the week, I am sharing the Prayers of the Faithful from the Mass, I am sure everyone would like to join us in these important intentions:

**Prayers of the Faithful:**

**Father Ian:**

As a new year begins, let us place before the Lord all our needs.

Lord, look after all of us during this coming year. Help us to cooperate and show our love to others.

Lord, hear us.

Lord, we pray for all who work in our school, the teachers, parents and Father Ian. Bless them with your love.

Lord, hear us.

Lord, we pray for the people who are new in our school. May they be happy here and find new friends.

Lord, hear us.

Lord, please help and guide those people who have freely given their time to help with the Parents and Friends and School Board duties.

Lord, hear us.
Lord, let us remember to help others in need and remember how fortunate we are. We pray for the people who have suffered in all the natural disasters around Australia, especially the recent bushfires. May they receive strength from your love and the love of others around them.

Lord, hear us.

Lord, we pray for ourselves as we begin another school year. Help us to face the challenges of the coming year with confidence in the knowledge that you are with us, to guide and support us.

Lord, hear us.

Start of the Year
I have already mentioned in previous communications how thrilled I am with the excellent start we have had to the year. Thanks again to all staff for being so well prepared and to the students for already exhibiting all of our values in a positive way. It has been good to see our new students and families so warmly welcomed.

Welcome to 2016
This year we welcome the following staff members:
Miss Lissiman (Year 1L)
Mrs Kathy Holt (Health in PP to Yr3 on Thursdays)
Ms Kent, Mrs Jasper, Mrs Stokes and Mrs Annert (part time EAs in various classrooms).
Welcome back from leave to Mrs Bradley to her Learning Support role (Mon to Weds).
Welcome to all our new Kindergarten students and families. We also welcome the following new students and their families: Amelia Slottje-Pick & Esmerelda Boundy (PP), Holly Greening, Matilda Hall Moreton Harslett, Jacob Gray and Jack Harte (Y1), June Baker (Y3), Skye Gendall (Y5) and Saskia de Jong/Caldow (Y6).

Parking, Buses and In Car Pick Up
An email and a hard copy note was sent home to all families on Monday regarding some initiatives and requirements to manage parking. If you haven’t read this note please refer to your emails, or ring the office so we can sent out another copy. I really appreciate that parents have already responded to the direction given to ensure the safety of everyone. Please also drive slowly when in the main car park.

Welcome From Director of Catholic Education WA
Our Director, Dr Tim McDonald, has asked that we send a welcome letter to all families in our school. The letter accompanies this newsletter as an attachment. Please take the time to read it. It is important that we appreciate that our school is part of a system of Catholic Schools that a Catholic Education to communities across the state.

Vacancies for Extra Enrolments
Although we are enjoying consistent growth, we still have vacancies at several grade levels. If you know of families who are interested in the unique Catholic and community based education we offer, please encourage them to make an enquiry. We will hold an Open Day later in first term to promote our school. More information will follow in subsequent newsletters.

Update of Family Details
All families should have received an email yesterday asking for an update of all details. We need this so we can contact families promptly if necessary. We also need it so we can publish the 2016 Community Directory, another example of the P&F building community within our school. Please sign and return the form even if your details have not changed. There are some permissions on the forms that we need parents to read and sign to facilitate the operation of the school without constantly seeking permission for children to participate in school events.
Parent Meetings
It is really important that we have as many families as possible attend these meetings as they provide really important information on the goals, procedures and expectations in each classroom. We are offering a crèche this year to help families who may have problems with babysitting. My thanks to the staff for volunteering to help with the crèche. Although we are offering this service, we ask that those with alternative possibilities for babysitting consider these so we limit the size of the groups in the hall.

We are going to trial a different model for these meetings this year as outlined below:

**Kindy Parent Meetings:**
KGR - Weds/Fri Group -  Weds 10th Feb at 2.30pm
KGB - Tues/Thurs Group -  Thurs 11th Feb at 2.30pm

Our Education Assistants will supervise the children in the playground whilst these meetings happen.

**Years One to Six:**
Thurs 11th February
3.15pm to 4.00pm -  PPB & PPL (start together in the Library)
4.00pm to 5.00pm -  Yr1P & Yr1L (start together in Library)
5.15pm to 6.15pm -  Yr 2
6.15pm to 7.15pm -  Yr 3
6.15pm to 8.15pm -  Yr 6
Mon 15th February
5.15pm to 6.15pm -  Yr 5
6.15pm to 7.15pm -  Yr 4

If parents have a gap between meetings they are welcome to have a coffee in the Staff Room.

**P&F Meeting**
Our first P&F Meeting will be held in the Library on Tuesday 9th Feb at 7.00pm. The P&F plays an integral part in the school in building community, extending pastoral care and raising much needed funds to facilitate extra resources and facilities for the students of our school. A major goal for the P&F in 2016 will be to work with the School Board to begin on a nature playground to increase play options as our school grows. I encourage everyone to attend the meeting. New families are most welcome as it is a good way to meet other parents and learn about the school and community.

**Pastoral Care Outreach**
A good example of the active pastoral care happening in the community is the food provision for those in need, which operates out of the break out space in the senior classroom block. This service is available to all school families to support those in need in our community, with a freezer situated in the wet area of the 4 & 5 classroom block. Parents (on a class rotational roster) are asked to provide meals, muffins, cakes, etc, which are then available to any family in need. All assistance is done on a confidential basis. This year we are delighted to announce that Jodie Spencer (back for her second year) and Prue Monotti have taken on the roles as Pastoral Care Coordinators. They will communicate the Pastoral care roster with each class and also liaise between the school and families in need. A huge thank you to Jodie and Prue for taking on this very important role.
**Swimming Timetable and Information**

As you may know, this year our swimming lessons will be conducted at the old Dunsborough foreshore, inside the swimming net. Lessons will commence next week and run for two weeks. (8th February – 19th February)

This year the classroom teacher will attend each day with their own class. Specialist teachers will continue with their programmes as normal over the two weeks.

The children will travel by bus each day.

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<thead>
<tr>
<th>Year Level</th>
<th>Leave OLC</th>
<th>Leave Beach</th>
<th>Return to OLC</th>
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<tbody>
<tr>
<td>Group 1</td>
<td>9:15am</td>
<td>10:15am</td>
<td>10:20am</td>
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<td>Years 5 and Year 1L</td>
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<td>Group 2</td>
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<td>Year 4 and Year 1P</td>
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<td>Group 3</td>
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<td>Year 2 and 3</td>
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<td>Group 4</td>
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<tr>
<td>Year 6</td>
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**Parents please note:**

- Sports uniform, including sports shoes, are to be worn to school on all days during swimming. Bathers should be worn to school under their sport uniform. After swimming, the children will get changed back into their sports clothes at school. We will not be using the toilets at the beach to get changed. Teachers will supervise the students if they need to attend the toilets whilst at swimming.

- Students may wear thongs on the way to the beach but must wear sports shoes to school as usual and put the shoes back on when they return to school.

- Students are required to bring:
  1. A change of clothes,
  2. Towel
  3. Rashie or wet suit
  4. Have sunscreen applied before they arrive at school. (This will also be provided by the classroom teacher).
  5. A pair of thongs to wear to swimming lessons.
  6. Underwear to change back into with their sports uniform when they arrive back at school.

**Uniform**

One of our core values is “Excellence”. We are striving to reflect this in everything that happens in the school. School uniform is a highly visible example of the excellence we strive for. In sharing the information below, I thank everyone for the efforts that are made to uphold the high levels of uniform required. I look forward to the continued support of all families in maintaining these standards.

- All students to wear sports uniform on Tuesdays and Fridays. Faction coloured shirts to be worn on Friday only. Teal coloured sports shirts on Tuesdays please.
- No Hat – No Play operates in ALL Terms. A school hat needs to be worn. Children should have sunscreen applied before leaving home.
- Only plain white (above the ankle height) socks are to be worn with sports uniform. These are available from the uniform shop. No low cut socks please.
Grey school socks, as available through the uniform shop, are to be worn with black shoes.
Only black, lace-up leather below ankle school shoes are to be worn. No boots please.
Brown sandals may be worn in Terms 1 and 4.
Joggers and not casual shoes to be worn on sports days. Joggers to be predominately white, NO SOLID coloured shoes allowed.
Chains with crucifixes or medallions may be worn inside clothing. Ankle and wrist bracelets are not to be worn to school. Only plain sleepers or studs to be worn.
Shirts need to be tucked in except for sports days.

Hairstyles
Hairstyles should reflect the care and consideration applied to the rest of our high uniform standards. Requirements with hairstyle include:
- Hair is to be clean, off the face and appropriately groomed and combed.
- Hair is not to be coloured (even highlights) and must be styled/cut conservatively. No “extreme” cuts please.
- Length of hair for boys is to be above the collar.
- No highlights or fashion accessories to be worn in hair other than school scrunchies (available from uniform shop) or black elastic bands (available from Coles).
- For hygiene reasons, hair below collar length must be tied back with a school “scrunchy”.

Kind Regards and God bless,

Des Wilkie
Principal

Happy Birthday! - Wishing you a very happy Birthday!

Jacob Gray       Thomas Rawling       Shaun Gannaway
Jack Demarchi    Billie-Rose Kirby   Jack Demarchi
Billie-Rose Kirby James Hutton        Flynn Rogan
Noah Larsen      Charlie Fletcher    Lucas Sorgiovanni
Lara Murray      Joe Chapman         Lachlan Mooney
Shaye Taylor     Azzurra Ciciarelli  Hugh Murphy
Sienna Vernon    Savannah Van Es    Harper Brierty
Ebony Edwards    Lawson Brown       Tieg Whitcombe
Jesse Barnard    Sofia Prestipino    Lilly Demarchi
Eve Lavender     Hannah Vernon       Liam Vernon
Meg Higgins      Jonah Lynx-Whiteland


Fees
Fee statements will be issued early next week. Prompt payment is appreciated. If you would like to pay fortnightly by direct debit, a form can be collected from the school office. Anyone with outstanding fees will be contacted shortly by the office.

Health Care/Concession Cards
If you have a HCC and wish to apply for a fee discount, we must have a copy of a CURRENT card, otherwise standard fees will be applied. Please provide this at the school office by tomorrow. (An application form, available at the office, will need to be completed).

Medications
If your child holds requires medications for a health condition, please contact Fran in the school office, if you have not already advised the school. All medications need to be held by the office and an Action Plan completed. Please note, it is the parent’s responsibility to ensure all medications held at the school are kept up to date.

UNIFORM ORDERS
A reminder that the uniform shop is open from 8.45am – 9.15 on Wednesdays during school term and the first Monday of each term (as of term 2) from 9am – 9.30am.

Don’t forget the second hand uniforms can be accessed by collecting the key from the School Office at any time during school hours. Many good quality items for a fraction of the price.

Uniform Shop Volunteers
Thank you to Bec Smith and Alison Martin who have kindly offered to continue to run the uniform shop again this year. Thank you also to Carla Patterson who has put her hand up to help also. We appreciate your willingness to contribute to OLC in this way!

Lost Property
Please check the lost property for any items your child may have lost. Please ensure all items of clothing are labelled.

Dental Screening
Dental Screening will be carried out for all enrolled students on Tuesday 9th Feb, 2016.

Dental Screening is a simple procedure where disposable pop sticks are used to retract the cheeks to allow the Dental Officer to see how the teeth and jaws have developed and identify urgent cases.

As a result of this, the Dental Officer may request to speak to the Parents / Guardians of some children. The Dental Officer does not place her hands in the child’s mouth. Screening is carried out in the classroom or school wet areas.

If you have any concerns regarding screening, please contact the Dental Van 0417269232. Staff Dunsborough Dental Van.

Canteen
Please see attached the Canteen Menu for Term 1 – this can also be accessed from our website. Thank you to those who have handed in your forms for volunteering. More Volunteers still required – please contact Fflur on 0409 104 409.

Note: Canteen commences next week. No recess due to swimming lessons.
Parents & Friends Committee
First meeting for 2016 will be held on Tuesday 9th of February at 7.00pm in the school library. This first meeting is a chance for you to find out about the P & F, and meet the committee members. Hope to see you all there.

Cake Stalls
It has been decided that classroom cake stalls will not be run this year, due to the pressure on parents to assist with the scheduled Fete. Keeping that in mind, the Pastoral Care freezer would always welcome home cooked donations.

School Directory
Each year every OLC family is issued with a Directory which provides details of their fellow families and important community and school details.
We also offer OLC families to opportunity to advertise their business/employer in the directory for a donation of $50. Funds raised go to the P & F for the purchasing of essential school items. If you wish to book your spot please contact tverhoef@bigpond.net.au ASAP, as space is limited.

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Michael Grose - Director Parentingideas 2016

**10 confidence-building strategies every parent and teacher should know**

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children’s and young people’s confidence is complex. It’s more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1. **Model confident thinking**
   Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers, play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, “I’ll have a go at this. If I don’t do so well then I can try again tomorrow.” This is far more effective than “I’m no good at this. I’ll probably stuff it up.”

2. **Focus on effort & improvement**
   Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3. **Praise strategy**
   While effort is key for achievement, it’s not the only thing. Kids need to try new strategies and seek input from others when they’re stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as “That was a smart idea to tackle the hardest task while you were fresh!”{strategy} and “You recognised the first few steps were the most important but then after that you were right” are descriptive statements that have significant instructional value for kids.
4. Develop self-help skills from an early age
A child’s self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5. Give them real responsibility
From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility for many aspects of their lives we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6. Practise unconditional acceptance
Your ability to accept children and young people’s best efforts in any area of endeavour, irrespective of the results, will go a long way toward to determining their self-esteem and confidence. If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7. Expand their horizons
Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today, have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children’s horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends’ places unattended when capable.

7. Recognise improvement
Focus your comments on children’s effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that his school may require.

8. Put the training wheels on to support learning
Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while get they are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so the y become comfortable before leaving.

9. Build teaching and training into your day
Teaching and training needs to be part of the everyday repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

10. Ask children for help
Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life’s challenges and know that they can become more independent.
Join Registered Psychologist Joanne Edmond for this unique 5 week Workshop Experience and learn the following:

- Understanding your child’s anxiety and worry
- Understand what happens in your child’s brain when they are anxious and how we can rewire healthier patterns of coping and resilience into the brain & body
- Be provided with tools and ideas to help reduce your child’s anxiety, along with practical handouts and suggestions based on Positive Psychology Techniques.

When: Friday February 19th (Sessions run until 18th March)  Morning Tea Provided
Where: Busselton Family Centre 9:30 – 11:30
Cost: $50 Non-refundable Deposit
Total for the 5 Sessions $400.00 (*this includes your Medicare Rebate)

Places are limited. To confirm your place or find out more information call the Core Therapy Office on (08) 9750 5413 email joedmond_core@hotmail.com

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**Enchanted Steps Ballet**

Enrol now for Term 1 2016!

**TODDLER GROOVE AND PETITE BALLERINAS 2-5yrs**

**BALLET CLASSES WITH PREPARATION FOR CECCHETTI BALLET EXAMS 6yrs and over**

**ANNUAL CONCERT**

For information and enrolments contact Caroline Jensen (Associate Diploma Cecchetti Ballet)
0403155289  email: caroline_perth@hotmail.com
SPANISH DANCE IS COMING TO DUNSBOROUGH!

COME AND TRY OUT THIS EXCITING STYLE OF DANCE AT THE OLD DUNSBOROUGH HALL ON FRIDAY 5TH FEBRUARY
3:30 – 4:15: 6 – 8 YEARS
4:15 – 5:00 9 YEARS AND OVER
Previous dance experience not necessary
Enquiries and enrolments caroline_perth@hotmail.com/ 0403155289

Enchanted Steps Ballet

Kid’s Yoga
Dynamic, fun, safe movement tailor-made for children to increase body awareness, strength, focus and mobility.
Starts the 2nd week of term
“6wk enrolment” $70
Thursdays 4pm - 4.45pm
@ Naturaliste Centre, Dunsborough
Ages 5 and up
Secure booking with online payment as places are limited.

DUNSBOROUGH JUNIOR SOCCER CLUB
REGISTRATIONS are now open for the 2016 Soccer Season. Both boys and girls aged from 5 years to 17 years are entitled to join.
For online registrations go to myfootballclub.com.au. Registration Day is Tuesday 8th March at 3.30pm to 5pm. This day is designed to help new members and for payment of fees by either cash or cheque (credit card payments can be made during your on-line registration.

There is a new uniform this year, so the purchase of shorts & socks will also be possible on the Registration Day.

Any queries please contact dunsboroughjuniorsoccerclub@gmail.com or go to our website www.dunsboroughjsc.com.

MIXED MARTIAL ARTS FOR KIDS
Bukido Taijutsu
DUNSBOROUGH
Naturaliste Community Centre
$15 /class or $130 10 class pass
Friday 4.15pm

Confidence
Ability
Respect
Control

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Health care card and Pension card holders
Get $200 voucher from Busselton Shire!
Call Sensei Phil on 0438 38 6012