Dear Parents, Students and Community Members,

I would like to commence this newsletter by thanking parents for the excellent attendance at the parent meetings offered in the last week or so. We had over eighty percent attendance in all classes.

Communication and teamwork are two core areas we strive to develop in our school. Learning, faith development and pastoral care involves the staff, students and parents all working together and supporting each other.

I was really pleased and impressed to hear of the common approach being applied by the teachers in all classes to cater for all students to help them realise their full potential. I thank the teachers for being so positive and open in sharing the goals and procedures in the classroom and the school. Please continue to support the staff and students by being in regular communication.

My thanks to the teachers for preparing the parent meeting presentations and for volunteering to supervise the crèche so more families could attend. Parents have expressed their appreciation for this support which is good feedback for the school in trying to make learning accessible for all.

**New Newsletter Features**

Mrs Meyer has been appointed as our Religious Education Coordinator for this year. Starting this week, there will be a Catholic Community section in each newsletter sharing plans and initiatives happening to help the children learn about Jesus, our Catholic faith and our Parish and wider church. My thanks to Fr Ian for being so active in the school in the many ways he outlined at the parent meetings. We are very fortunate to have a parish priest attending every parent meeting (a huge ask) and being such a regular presence in the school.
Last Wednesday OLC celebrated Ash Wednesday; the day that marks the beginning of the season of Lent. At school, the children have been learning that during Lent we prepare ourselves to celebrate Jesus’ Resurrection at Easter by participating in some important activities. Lent is a wonderful season during our liturgical year to share the concepts of prayer, fasting and giving to the poor with our children. Consider as a family how you might help others in need by giving of your time or resources. Even very young children can understand and will enjoy participating in the process.

What can we do during Lent as a family?
Discuss with your children how you might do one of the following every day during Lent:

- Pray - The prayer on this page is a simple way to begin praying together.
- Do a kind thing for another person;
- Give up something you enjoy;
- Give something to others.

Next fortnight we look at some more practical and meaningful ways you can participate in the above activities as a family at home.

Please pray for our Teachers, School Board Members and P&F Committee who will be commissioned at Mass this Saturday evening at 6.00pm. We would love to see as many families as possible there supporting these important people in your children’s lives.

Mrs Amie Meyer
OLC Religious Education Coordinator

Curriculum and Learning Focus and Innovations
There are many strategies and programmes happening to promote learning in our school. We are also introducing a number of initiatives which will improve learning outcomes and lift achievement standards. I have asked Mr Torrese to explain and present innovations happening so parents can be better informed and support the learning of their child or children.

Our Learning – OLC Curriculum Goals and Teacher Support
At the end of last year, the staff identified three areas for school improvement which formulated the OLC 2016 and 2017 Curriculum goals.

Our OLC Curriculum goals are:
Analysis and Discussion of Data
Differentiation
Effective Teaching and Learning Strategies.
Over the past weeks the staff, in year level clusters, have developed specific goals pertaining to the OLC Curriculum goals. In short, they have effectively planned the direction and content of their curriculum (PLC) meetings. The class teachers have also outlined the support required, steps to be taken and the timeframe to enable them to achieve their cluster goals. This is already proving an effective and productive strategy that will translate into continued improvement in student learning.

Over the coming weeks each individual teacher will meet with the leadership team to discuss what support and coaching they require to further enhance their skills and knowledge of the OLC Curriculum goals. This will be the basis of developing a strong platform for the teachers and the leadership team to work together with common goals and understandings.

During this process, the teachers will set individual goals through our continued participation in AITSL (the Australian Institute for Teaching and School Leadership) processes. The Australian Professional Standards define the work of teachers, and make explicit the elements of high-quality, effective teaching in 21st-Century schools, which result in improved student learning. We are really blessed at Our Lady of the Cape Primary School to have such skilled and knowledgeable staff at our school, and we look forward to our continued work in this area.

These initiatives aim to assist us in clearly knowing the impact our teaching is having on student learning and understanding what measures need to occur for further improvement.

Adrian Torrese  
Assistant Principal

**Kindergarten Enrolments for 2017**

I know parents may not be thinking this far ahead yet, but I am very keen to ensure we can accommodate all siblings before we consider new enrolments. To facilitate this, I need an accurate list of registered students as soon as possible. So if you are an existing member of our community with a student for Kindy next year, please contact Fran in the next fortnight to make sure we have your child on the list.

I am going to commence interviews early in second term this year. If you know of families who are interested in Kindy 2017, please encourage them to call us for an obligation free inspection of the school.

To overcome problems we had planning for this year, we are offering the choice of days (i.e. Wednesdays & Friday group or Tuesdays & Thursday group) based on the date of receipt of an enrolment application. If you are already enrolled, please call Fran so we can register your preference now.

**Pre Primary 2016**

Our Pre Primary students have settled in very well this year. Although the students and staff are enjoying working in the small classes, this is having an impact on our overall school funding. Please encourage any contacts you may have with children in this age group to contact us if they are interested in joining the ideal learning environment available. Once again, inspections are available at any time.

**P&F Information**

Our first P&F meeting was well attended last week allowing proactive planning for the year ahead. Please read all of the P&F information included in the newsletter.

One of the unique strengths of our P&F is the effort invested in community building and welcoming new families. The first of many initiatives in this area for this year is the “Simmo’s Sundowner” promoted elsewhere in the newsletter. What a great way to start the year with community fellowship. So, please come along, even if only for a few minutes between other commitments.
A sincere word of appreciation to the parents who “volunteered” to be class reps at the parent meetings. This system of extended communication and support operates very well within our school.

The next P&F meeting is scheduled for Tuesday 15th March at 7.00pm. The class wish lists will be presented at this meeting, along with progress on other initiatives such as the nature playground. With all leadership positions now filled, you can come along to offer your support without the fear of leaving with an extra responsibility.

We have scheduled our Open Day early this year. It will happen on Tuesday 15th March (Week 7). The classes will be open from 9.30am to 11.00am with visiting families being welcomed and shown around the school by our Year Six students.

Our visitors are also invited to join the staff for morning tea from 11.00am.

If you know of any families who may be interested in what we offer in our unique Catholic community school, please encourage them to attend.

**Year Six Leadership Retreat**

Our Year Six students are already providing excellent leadership in our school in all areas. In an effort to empower even more proactive leadership, the class will be working with Mrs Sue Barton on Wednesday 24th February.

Sue conducts these leadership sessions in Catholic Schools throughout the South West. It will be a good opportunity for our students to focus on how they can contribute even more to our school and community.

**Swimming Carnival**

Students from Years 4 – 6 will be involved in swimming trials next Tuesday 23rd February in preparation for the carnival on Thursday 25th February. Thanks to Mrs Sinclair for all her work in preparing for this carnival. More specific information will be emailed to families of the classes involved.

**Catholic Education Leadership Forum**

I will be joining Principals from throughout the state at a Leadership Forum in Perth on Monday. These forums are an opportunity to be informed and involved in the wider Catholic Education system as it strives to improve our schools.

**Update of Family Details**

We are close to publishing the School Community Directory. If you have not returned your Family Details Form to the school, please do so as soon as possible so your information will be correct, both on our system and in the Directory.

Kind Regards and God bless,

---

Happy Birthday! - Wishing you a very happy Birthday!

Georgina Gannaway  Molly Greaves  Frieda Whitley
Holly Greening  Lucy McKeag  Elsie Marsland
Toby Delane  Tilly Hall  Kayden Hughes

Des Wilkie
Principal
Thanks to Year 1 and 2 Parent Helpers.
We would like to thank the wonderful help today from Year 1 and 2 parents who assisted in creating Maths Pencil Cases for the Year 1 and 2 students. These pencil cases will assist the students to manipulate maths resources such as measuring tapes, counters, cards and dice and have their own individual packs for ease and effectiveness of classroom use.
We would like to thank the following parents for their generosity and time:

- Michelle Kerr
- Michelle Hughes
- Anna Sidebotham
- Jody Spencer
- Rohan Hayhow
- Blair Morris
- Prue Monotti
- Lauren Bidesi

- Dana Gianoncelli
- Sasha North
- Donna Trigwell
- Kristie Leahy
- Lara Currie
- Kirsty Dollisson
- Chelsea Torrese

**MERIT AWARD WINNERS**

Congratulations to the following students for receiving a Merit Certificate

Matilda Richardson - Green Room (PPL)
Freida Whitley & Kai Gleeson - Green Room (PPB)
Nina Hutton, Moreton Harslett, Sophie Summers & Sullivan Huxtable-Orange Room (Y1P)
Nadeen Bruce & Ayden Paterson - Orange Room (Y1L)
Allira Giglia, Lucas Sorgiovanni, Alex Dollisson & Saffi Jennings - Blue Room
Thomas Summers, June Baker, Shaun Gannaway, Zoe Hewson, Emilio De Chiera

- Michelle Hughes
- Donna Trigwell
- Kristie Leahy
- Lara Currie
- Kirsty Dollisson
- Chelsea Torrese

Nina Beers, Jesse Barnard, Demi Buxcey & Rhy Clark - Red Room
Lasair Reynolds & Donovan Boyes - Purple Room
Greta Sweeny & Kai Barnard - Silver Room
Cooper De Chiera & Leila Campbell - Sport

Matilda Richardson - Green Room (PPL)
Freida Whitley & Kai Gleeson - Green Room (PPB)
Nina Hutton, Moreton Harslett, Sophie Summers & Sullivan Huxtable-Orange Room (Y1P)
Nadeen Bruce & Ayden Paterson - Orange Room (Y1L)
Allira Giglia, Lucas Sorgiovanni, Alex Dollisson & Saffi Jennings - Blue Room
Thomas Summers, June Baker, Shaun Gannaway, Zoe Hewson, Emilio De Chiera

- Michelle Hughes
- Donna Trigwell
- Kristie Leahy
- Lara Currie
- Kirsty Dollisson

Nina Beers, Jesse Barnard, Demi Buxcey & Rhy Clark - Red Room
Lasair Reynolds & Donovan Boyes - Purple Room
Greta Sweeny & Kai Barnard - Silver Room
Cooper De Chiera & Leila Campbell - Sport
**SAVE THE DATE! – 20 YR Celebrations**

On the 1st April we will spend a day celebrating OLC’s 20 years of schooling! Please keep that date free. More information to come.

---

**Anglican Op Shop Donations**

Our local Anglican Op Shop has very generously donated toys and other items to OLC. We really appreciate their support of our school.

---

**Canteen Roster Term 1**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Volunteer 1</th>
<th>Volunteer 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>Tues 9th February</td>
<td>Georgie Valmardre</td>
<td>XXXXXXXXXXXXXXXXX</td>
</tr>
<tr>
<td></td>
<td>Thurs 11th February</td>
<td>Sasha North</td>
<td>XXXXXXXXXXXXXXXXX</td>
</tr>
<tr>
<td>Week 3</td>
<td>Tues 16th February</td>
<td>Sally Gray</td>
<td>XXXXXXXXXXXXXXXXX</td>
</tr>
<tr>
<td></td>
<td>Thurs 18th February</td>
<td>Anne Hall</td>
<td>XXXXXXXXXXXXXXXXX</td>
</tr>
<tr>
<td>Week 4</td>
<td>Tues 23th February</td>
<td>Nicola Campbell</td>
<td>Louise De Chiera</td>
</tr>
<tr>
<td></td>
<td>Thurs 25th February</td>
<td>Anna Sidebotham</td>
<td>Kirsty Dollinson</td>
</tr>
<tr>
<td>Week 5</td>
<td>Tues 1st March</td>
<td>Angie Cladow</td>
<td>Deb Brice</td>
</tr>
<tr>
<td></td>
<td>Thurs 3rd March</td>
<td>Lauren McGintey</td>
<td>Caroline Rolfe</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues 8th March</td>
<td>Karen Ginnane</td>
<td>Belinda Gilbert</td>
</tr>
<tr>
<td></td>
<td>Thurs 10th March</td>
<td>Dana Gianonelli</td>
<td>Kirsty Darlington</td>
</tr>
<tr>
<td>Week 7</td>
<td>Tues 15th March</td>
<td>Cheryl Stone</td>
<td>Roman &amp; Nadine L</td>
</tr>
<tr>
<td></td>
<td>Thurs 17th March</td>
<td>Chantel Baxter</td>
<td>Amanda Prestipino</td>
</tr>
<tr>
<td>Week 8</td>
<td>Tues 22nd March</td>
<td>Sue-Ellen Phillips</td>
<td>Vanessa Foy</td>
</tr>
<tr>
<td></td>
<td>Thurs 24th March</td>
<td>Nikola Howson</td>
<td>Movie Rumbold</td>
</tr>
<tr>
<td>Week 9</td>
<td>Tues 29th March</td>
<td>XXXXXXXXXXXXXXXXX</td>
<td>XXXXXXXXXXXXXXXXX</td>
</tr>
<tr>
<td></td>
<td>Thurs 30th March</td>
<td>Vanessa Hodge</td>
<td>Donna Trigwell</td>
</tr>
<tr>
<td>Wk 10</td>
<td>Tues 5th April</td>
<td>Catri Jones</td>
<td>Jordanna Hall</td>
</tr>
<tr>
<td></td>
<td>Thurs 7th April</td>
<td>Anthea Brown</td>
<td>Lara Currie</td>
</tr>
</tbody>
</table>
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 the 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.

---

Michael Grose - Director Parenting ideas 2016

Teasing Versus Bullying

When speaking with parents when I present at schools, or engaging with them via our social media, bullying is always a hot topic. A recent Facebook post had one of our biggest engagement rates ever. It begged the question- “What is bullying? Do we mix it up with teasing and other forms of mean behaviour?”

It’s an important topic that needs clarification.

Bullying is a term that’s wrapped in emotion. For many people it’s associated with bad childhood memories. It’s been estimated that around 40 per cent of people have experienced bullying in the past. It’s something that we don’t want to happen to our kids.

But I fear it’s being overused at the moment and confused with teasing and rudeness.

Rudeness refers to thoughtless behaviours and thoughtless words. Kids often do rude things to each other without thinking their actions through. Examples include breaking wind in a child’s direction; joking about
the colour of a child’s hair in front of others; failing to share possessions and neglecting to acknowledge someone. Rudeness is usually about selfishness and thoughtlessness. Taken on their own many rude behaviours can be seen as an element of bullying but when looked at in context they are more about thoughtlessness, lack of consideration and poor manners rather than a deliberate attempt to hurt someone.

**Teasing** refers to annoying, hurtful behaviour that is used to get a reaction from someone else. Teasing can be persistent in nature, but not always. It’s generally an attempt to get under a person’s skin. It can involve name-calling; it can be personal and hurtful in nature. It can also infringe on another person’s rights. But generally teasing doesn’t have the key ingredients that make up bullying.

**Bullying** is the selective, uninvited, repetitive oppression of one person or group by another. It involves three elements – intent to hurt or harm; power imbalance; and repetition over time. It takes many forms and guises including physical aggression; verbal abuse; emotional aggression (or blackmail); intimidation; harassment and exclusion.

The new cyber-dimension to bullying has moved the goalpost for many kids. In the past children and young people could escape bullying behaviours by being at home. Cyber-bullying means that children can’t escape bullies like they once could.

**Why the distinction?**
I hear the term bullying misused a great deal in the media and when talking with parents. We run the risk of “The Boy Who Cried Wolf” Syndrome where we become so desensitised to the term that we (or teachers) ignore it when children really are the victims of bullying. We also run the risk of failing to skill our kids up to manage rudeness and teasing if we categorise every awful behaviour that kids experience as bullying.

Our ability to be discerning about bullying is as important as the action we take when we are sure that our child is on the receiving end of bullying behaviour. These actions include: dealing with feelings; providing emotional coping skills, getting others involved; building up a child’s support networks; and building self-confidence that can take a battering.

Bullying needs to be taken seriously. But we also need to be discerning about bullying behaviours.

---

**Music for Babies and Toddlers**

*Give your child the gift of music to help with all learning experiences as they grow*

This small group of catholic community members will share time playing musical instruments, singing, dancing and laughing in an unpressured learning environment, open to all parents and toddlers

**Term 1 - 4th February to 7th April, 2016, 9.30-10.30am**

*at Our lady of the Southern Cross Catholic Church Naturaliste Tce, Dunsborough*

$3 per adult, children are free, please bring a piece of fruit to share for morning tea

(The cost includes tea, coffee and biscuits for parents)

Enquiries, Irene 0428 315532 or Denise 0422 446003
4 tickets to the Leeuwin Concert that I need to sell, unfortunately I can’t go. General admission tickets for Chris Isaak, Saturday 27 Nov at 5pm. They are $130.00 each. I can be contacted on 0419 922 554. Jonnine Carroll
The Council and Staff of the Parents and Friends Federation of WA would like to welcome everyone back to the new school year. We trust that at this stage, into week 2, you are all back into the routine of lunches, uniforms and searching for those elusive permission slips at the bottom of school bags.

The staff here in the office have hit the ground running and are currently working hard to get information about our upcoming conference in May out to all schools. The dates for the conference this year are Friday 20th and Saturday 21st May. The Awards of Excellence in Building Positive School Communities will be presented at the conference dinner on Friday 21st May. Nomination forms for the Awards of Excellence are already available on our website, so get your entry in early!

We are also receiving lots of calls in the office from parents who are working hard to ensure P&F’s and parent groups get off to a good start for the year. If you need any information about office bearer’s roles, governance or just some general advice please don’t hesitate to contact us.

Theresa McDonnell, the new Liaison Officer at the Federation, has settled beautifully into our small office and she, along with Siobhan Allen (our Executive Officer) is looking forward to getting out and about and meeting with parents and parent groups in Catholic schools throughout the state. If you would like to arrange a visit from PFFWA to your school, please contact the office or email theresa@pff.wa.edu.au and we would be delighted to organise a time.

Best wishes

PFFWA Council and Staff

https://www.facebook.com/pffwa  www.pff.wa.edu.au  9271 5909  103 Wood St, Inglewood, WA 6932