Mary, Our Lady of the Cape and Mother of God, 
Watch over us and help us to show:
Compassion for everyone; 
Appreciation for all that we have; 
Respect for ourselves, each other and our 
environment; 
and 
Excellence in all we do, to live as 
Jesus taught us. 
Amen

Dear Parents, Students and Community Members,

Tomorrow is a very significant day for our school community as we celebrate twenty years of excellence in faith and education. All families are welcome to join us for any part of the day’s celebrations.

The highlight of the day will be the Anniversary Mass commencing at 10.00am in the hall. Please come along to join in prayer to thank all who have contributed to the creation of our school, and to pray for continued blessings into the future. It would be good if we could have a good attendance of current families to share the Mass and morning tea with our invited guests.

The classrooms will then be open until lunch time (12.45pm) to view the learning environment and excellent facilities provided as a result of much hard work and commitment over many years from all in the OLC community.

During the Anniversary Mass the new school prayer will be presented to the community. The prayer has been created by a committee of staff and parents and is intended to be a link to the values that all at OLC strive to uphold and develop. The new prayer is our newsletter reflection for this week.

Family Dance (Tomorrow Evening)
Everyone is invited to our Family Dance as part of our celebration of the Anniversary. Guests are invited to arrive by 6.00pm for a BYO everything picnic on the grassed area between the hall and senior classroom block. The bush dance will commence in the hall from approximately 6.30pm through to 8.30pm. We look forward to a social culmination to our day of celebration so please come along.
Student Dress for Anniversary
Hopefully everyone received an SMS on Wednesday asking that the children attend on Friday in the formal uniform instead of the normal sports uniform please.

Parent Meetings
The parent meetings have commenced this week and will continue into next week. If you haven’t already booked a time, please do so before the end of term. If the times offered are not convenient, please see the teachers to book an alternative time. It is really important that all families attend these meetings so that teachers can work with you to help your child/children to realise his or her potential. My thanks once again to the teachers for working so hard to help all students realise their potential.

Easter Celebrations
Thanks to our Year Three students who so ably presented a very effective liturgy on Easter Thursday and Good Friday last week. Well done to our fabulous Year One class for sharing the joy of the Resurrection upon our return to school on Wednesday. Well done to the class teachers, Mrs Hunt, Mrs Sinclair, Miss Prowse and Miss Lissiman for your guidance of the classes and to Mrs Meyer for coordinating all of our Holy Week celebrations. Finally thanks to Mrs Horrocks for the music and beautiful singing that accompanies all of our liturgies.

Easter Raffle
The Easter raffle raised $1106, which will be sent with the St Mary Mackillop students who will travel to help those in need in East Timor later in the year. Thanks to Anna Sidebotham and all her helpers who organised the donated Easter eggs and the hot cross buns on Thursday. We finished the Easter celebrations on Wednesday morning with some wonderful Easter Bonnets paraded by our Pre Primary students. Thanks to Mrs Birch, Mrs Leahy, Mrs Martin and Mrs Sorgiovanni for supporting the children with such colourful creations.

Anzac Day
Our school has been invited to be part of the community Anzac Day Ceremony this year. We will have eight students involved in the march and two will share what Anzac Day means to our school and community. Students will also lay a wreath on behalf of all at OLC.

I would like to encourage a strong attendance from amongst our community and, if possible, all of our students who attend to wear our formal school uniform as a sign of respect. Those marching will gather at Lions Park at 10.40am with the march leaving at 10.55am so that the service can commence at the flagpole on the foreshore at 11.00am.

I am providing this prior notice as Anzac Day falls at the end of the school holidays this year, so we need to plan well ahead.

Professional Development Day
The staff will be updating our first aid qualifications on Tuesday 26th April so second term commences for our students on Wednesday 27th April.

Newsletter Update – Next Week
Due to so much happening over the next week I will be providing a newsletter update next week just prior to the school holidays.

Kind Regards and God bless,

Des Wilkie
Principal
EASTER CELEBRATIONS
At yesterday’s prayer service Year One looked at the events of Easter Sunday. During their reflection, the students reminded us of the Joy of Jesus’ Resurrection. Many thanks to Miss Prowse and Miss Lissiman for helping to prepare our Year One students to share in this joyful celebration. It was also delightful to see so many families attending our Parish celebrations for Easter over the long weekend. May the gladness, promise and spirit of Easter continue to bless you all.

EASTER ART WORK BY PPB.
Thank you Mrs Birch for the beautiful PPB art work depicting the Tomb on the Hill and New Life.

FAMILY MASS
Our first Year 6 Family Mass was a wonderful success with 15 of our 21 Year Six families able to participate. The students led the Mass beautifully and enjoyed pizzas with members of the parish afterwards. Many thanks to the OLC P&F, who generously funded the pizzas and to Warren and Katinka Boyes at Big Pig Pizza who provided the pizzas at a discount to the school. Please note that due to 20th Anniversary Celebrations we have postponed the Year Four Family Mass which was scheduled for this weekend. This will now occur later in the year. We are looking forward to our next family Mass which will be hosted by Year Three on May 21st (Term Two).

20th ANNIVERSARY MASS
Tomorrow OLC will be celebrating 20 Years of Catholic Education with a Mass commencing at 10.00am in the school hall. We warmly invite all our families, past and present to join in this joyful celebration. Following our service, families are invited to make a donation toward a book for the OLC school Library in Commemoration of our Anniversary. All books purchased by way of donation will display the names of donating families as a lasting legacy of their support and contribution to our school.

ALTAR SERVERS
This fortnight’s altar servers:
Saturday April 2, 6.00pm: Coco Morris and Alix Ness
Sunday April 3, 8.00am: Sophia Prestipino and Eva Davies
Saturday April 9, 6.00pm: Lachie Hunt & Nelson Lacey
Sunday April 10, 8.00am: Meg & Polly Higgins
Please arrange a swap with someone else on the roster if you are unable to attend.
CLASSROOM CONNECTIONS
This week, Year 6 and PPB shares with us the ways in which they have been celebrating Lent throughout the term. Many thanks to Mrs Delane for the following summary.

**Lenten Reflections in Silver Room**

Over the past week we have been reflecting on the events leading up to Jesus’ death and resurrection. We have been reminding ourselves of the importance of this time within our faith and school community. As a class we created a Lenten Tree of Action. The leaves on this tree show ways that we as students can fully engage in the lead up to Easter by engaging in acts of Prayer, Self-denial and Helping others. These are represented by the following colours:

- **Green** Leaf – Prayer – who can I pray for? Can I pray more regularly?
  - **For example** – During Lent, I will pray for the people who are finding life difficult at the moment. I hope they have the strength to get through this tough time.

- **Yellow** – Self-denial – what can I give up during this time that is important to me?
  - **For example** – During Lent, I will give up eating chocolate.

- **Brown** – Helping Others – what are some ways that I can help others?
  - **For example** – During Lent, I can help my parents by doing what they ask me the first time.

We also made Easter Wreaths which remind us of the Easter Story, the events leading up to Jesus’ death and Resurrection.

We have enjoyed many discussions about Lent and we enjoyed putting our thoughts together to reflect on our understanding of Lent and what it means to us. It has been a wonderful lead up to Lent with the students really showing their understandings of this special time. Mrs Delane

Mrs Amie Meyer, OLC Religious Education Coordinator.
Parent Interviews
As part of our formal assessment schedule, teachers are currently conducting their parent interviews. During the interviews parents will have presented to them a summary of their child’s:

- Strengths and achievements in English and Maths.
- Areas for improvement and further progress in English and Maths.
- Feedback on their classroom behaviour and disposition.
- Feedback on Social/Emotion implications.

These interviews further strengthen the classroom and home connections as well ensure parents are clear and up to date with their child’s academic progress at OLC.

Work Books sent home
All parents from years 1-6 would have received both English and Maths work books home over the Easter weekend. Thank you to parents for taking the time to read through the work books with their children and commenting and giving feedback via the forms provided.

We value greatly the process of making the learning visible to parents as well as ensuring that the students are praised and given feedback for their efforts. If you have not returned the books or the English and Maths feedback forms, please do so this week.

Pre Primary Assessment and Data
The Pre Primary teachers have recently completed the new On Entry Assessment and Online Interview that has been delivered by all WA Catholic primary schools. The assessment allows teachers to assess PP students individually and record the data digitally for effective analysis and feedback to parents. This data will be shared with Pre-Primary parents during the parent interviews.

Collaborative Expertise
Professor John Hattie has identified that one of the strongest influences on student learning in a school is its ability to draw on collaborative expertise and collective efficacy amongst teachers. An example of this occurring at OLC is the partnership developed in Years 4 and 6 between Mr McSevich and Mrs Delane. These teachers are currently sharing their expertise in Art and Science between both classes. On a weekly basis Mr McSevich takes both Year and 4 and 6 for Science and Mrs Delane takes both classes for Art.

In Art the students are currently studying Andy Warhol and his pop art phase. The students have looked at the range of his work and identified common themes. They then created their own piece with a uniquely Australian theme.

In Science the classes are learning Biological Science; Plant adaptations and the Life Circle.

Flipped Learning in Year 4: Teacher-made, Explicit Instructional Videos
The effectiveness of Digital Technology in education is under the spotlight in the media and in educational circles. The need to ensure technology is used in an effective way that directly influences student learning is essential.
One way this is occurring at OLC is through the use of “Flipped Learning”. This involves the teachers creating short explicit instructional videos for the students that allow them to follow a learning procedure or strategy. The Year 4s have used this strategy this term to develop their skills of planning and writing a report. This allows students to have access to instructions and learning at any time. Of course this does not replace the vital influence of the teacher, but it does enhance the learning experience for the students by providing another explicit method of learning, developing independence in learning and giving parents a clear indication of what is being learnt and how it is being taught. Students at OLC access the teacher-made videos on their iPads and via the Edmodo program. This has already shown terrific effect on students understanding the success criteria and on student learning. Please view two examples of explicit instructional videos made by the Year 4 teachers by clicking on the links below.

https://goo.gl/z6aXDJ
https://goo.gl/d4EbSa

Adrian Torrese
Assistant Principal

Uniform Reminder
A reminder that all students must be in full winter uniform by Monday, May 9th. There is a two week cross over at the beginning of term, allowing for warmer weather. Please check your children’s sizes and utilise the opportunity to order at the uniform shop next Wednesday 8.45am – 9.15am. Leanne Verhoeff will set up the second hand clothes next Tuesday morning (from 8.30 to 9am) outside the Uniform Shop for anyone who wants second hand winter items.

At OLC we have always enjoyed a high standard of uniform presentation and it is important to ensure that the students are correctly attired at all times: This also strongly connects with our school value of Excellence. “Striving to be at our best in and out of the classroom”.

Happy Birthday! - Wishing you a very happy Birthday!

Mia Omodei, Jamison Hart, Ella Delane, Matilda Richardson
Miah Adams, Ben Maslin, Demi Buxcey, Owen Murphy
Zander Penny, Matilda Manji, Allira Giglia, Lyla Pearson
Sunny Clift, Jarrad Tutt, Kade Martin, Perri Hall
Kai Gleeson, Lolah Day, Justin Matthews, Lochlan Darlington
Esmerelda Boundy, Max McClenaughan, Charlie McClenaughan, Maddie Mooney

MERIT AWARD WINNERS

Congratulations to the following students for receiving a Merit Certificate

Jacob Heitman - Green Room (PPL)
Emerson Hughes - Green Room (PPB)
Rhavi Howeard, Grace Bateman - Orange Room (Y1P)
Manley Garcia, Lily Faehling, Ebony Edwards, Violet Turner - Orange Room (Y1L)
Cooper De Chiera, Annabelle Phillips - Blue Room
Leila Campbell, Amelie Lambert - Red Room
Noah Love, Amelia Pritchard - Yellow Room
Jarrad Tutt, Mia Omodei - Purple Room
Molly Greaves, Evan Codalonga - Silver Room
Ruby Eastaugh - Sport
The Community of Our Lady of the Cape Primary School, Dunsborough

Invite you to join us in celebrating our 20th Anniversary
On Friday the 1st of April 2016

10.00am: Mass with Fr Ian and Dignitaries in the OLC School Hall

11.00am: Celebration Morning Tea in the Undercover Area

11.45am - 12.45am: Open Classrooms

6.00pm - 8.30pm: Family Bush Dance with Live Band in the Hall

BYO picnic dinner, blanket, chairs, drinks etc
Simmo’s Icecream cones available for the children at $2 each

There will be two food vans available on the night if you wish to purchase dinner

Please RSVP by 31st March to the school office 97553866
or admin@ladyofcape.wa.edu.au
**INTERSCHOOL SWIMMING CARNIVAL**

Last Thursday, OLC attended an interschool swimming event held at the Bunbury Aquatic Centre. The students were excited and nervous to swim in such a LONG POOL! The students all swam their best and their cheering was commented on by nearby officials.

Well done Team OLC!

Mandy Sinclair

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**News from the P&F**

**Tuesday 5th April – Second hand Stall**

Come and have a look at the goodies for sale from 8.15am – 9.15am outside the office.

Can families start saving their second hand toys and books for our fete this year. The items must be in good condition and no pieces missing. We will have a drop off point for these items in term 3. Also looking for donations of prizes, wine and vouchers or anything you think would be suitable for use at the school fete. We will be sending out letters to businesses later in the year but just getting in early so you can all start thinking about it.

Still looking for a music/entertainment co-ordinator. Can be a shared role. It is a behind the scenes role so don’t be shy, we have most of the ideas it just requires someone to manage it.

Looking for any graphic designers or marketing people who can assist with our fete designs.

Please contact Jordy Rock or Lauren Bidesi if you can help with any of the above.

**CANTEEN ROSTER:**

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<th>Week</th>
<th>Date</th>
<th>Name 1</th>
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<tr>
<td>10</td>
<td>Tues 5th April</td>
<td>Catri Jones</td>
<td>Jordanna Hall</td>
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<td>Thurs 7th April</td>
<td>Anthea Brown</td>
<td>Lara Currie</td>
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**Easing children’s anxiety**

By Michael Grose

Anxiety is normal and part of everyday life. There’s no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. “Come on, get on with it,” seems so obvious. Of course, this response is nowhere near adequate.
Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can’t stop their ‘bad thoughts and feelings’. They can’t silence the voice of fear that whispers to them continually.

**Staying calm**
Anxiety is a normal part of life and can be managed, but it takes time. It’s also contagious so it’s the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**Calm** is created through your words, voice and facial expression. When children become anxious, help them recognise what’s happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**Accept** your child’s anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It’s hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn’t want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**Challenge** the validity of your child’s fears and anxiety, using logic and rational thinking. Don’t allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

**Making a plan**
**Encourage** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended parties with her daughter so she wouldn’t miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she’d cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn’t leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal**, and part of everyday life. However, it can be debilitating unless it’s managed. Anxiety management takes time for kids to learn, but it’s one of those valuable life skills that parents can teach their kids.
CALLING ALL YOUNG WRITERS!
The KSP Writers’ Centre is holding a two-day Write-a-Rama these April school holidays for keen young writers. Featuring fun and games, an excursion to Elizabeth Quay and the Art Gallery of WA, lunch at Miss Maud’s, interactive workshops and a special guest author visit. No special writing talent or experience are necessary, though aspiring authors will definitely be catered for... Suitable for ages 10-17. Advance bookings essential. [http://www.kspwriterscentre.com](http://www.kspwriterscentre.com)

9.30am-4.30pm, Tuesday 19 April 2016, KSP Writers’ Centre, Greenmount
10.00am-4.00pm, Wednesday 20 April 2016, Art Gallery of WA, Northbridge

Visit [http://www.kspwriterscentre.com/#!youth-program/ztzh0](http://www.kspwriterscentre.com/#!youth-program/ztzh0) or phone 9294 1872 to book.

DUNSBOROUGH JUNIOR SOCCER CLUB
ON-LINE REGISTRATIONS MUST close this WEEKEND. Teams are currently being compiled.
Boys and girls aged from 5 years to 17 years are welcome to join.
For online registrations go to myfootballclub.com.au.
Any queries please contact dunsboroughjuniorsoccerclub@gmail.com.
A Trip to the Movies

Pizza movie night! Make your own pizza and enjoy some old classic movies. Best 2 pairs of sunglasses win a prize! free entry @ Youth and Community Centre.

March 20th

The screening of a classic movie. Pizza and drinks will be served. All ages welcome. Free entry.

Contact me!

If you are interested in any of these events or activities, please contact me for further information.

Keeley_milner@busselton.wa.gov.au
97810405

Women Walk the World

SUNDAY 3rd APRIL 2016

Walk-A-thon Fundraiser

Dunsborough CWA are supporting Associated Country Women of the World (ACWW) and invite you to take part in

WOMEN WALK THE WORLD

Push a wheelchair or a pram. Use your imagination and wear a costume to brighten the day. You can walk a short distance or a longer distance, as long as you are back by 10am, when the raffle is drawn.

There's a $5.00 entry fee for each walker.

Dunsborough CWA members invite people of all ages to take part in this fun day. Walkers will assemble at 9am at the Dunn Bay Rd foreshore. Register, and be back by 10am.

For more information

Gay Grawden 9753 3910
Enchanted Steps Ballet

ENROL NOW FOR TERM 2!

TODDLER GROOVE AND PETITE BALLERINAS 2-5yrs
FUN AND CREATIVE BALLET CLASSES FOR PRE SCHOOL YEARS
CLASSICAL BALLET CLASSES FOR 6 AND ABOVE CECCHETTI METHOD WITH EXAM PREPARATION
ANNUAL CONCERT!

For information and enrolments contact Caroline Jensen 0403155289 email: caroline_perth@hotmail.com

X Adventure – Dunsborough 16-17 April 2016

GREAT RACES FOR KIDS
Kids are welcome at Australia’s Biggest off-road triathlon with 2 events designed especially for you!

GROMS’ COURSE (up to 8 yrs)
800m trail run
1.2km bike ride
100m run to the finish!!

KIDS’ COURSE (up to 14 yrs)
200m swim
2.5 trail run
4km mountain bike.

www.xadventure.com.au