Blessed Mother

May the **Blessed Mother** come into your life today with a special **blessing** for you.

May you always be grateful for the Blessed Mother. Without her we would not have Jesus. Our Saviour.

Amen

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Dear Parents, Students and Community Members,

I am preparing this newsletter after attending the funeral of Bishop Miles McKeon in St Patrick’s Cathedral in Bunbury. Bishop McKeon came to Perth from Ireland in 1947. He became the Auxiliary Bishop of the Perth Diocese in 1969. He served as Bishop in Bunbury until 1982, when he was forced into early retirement by ill health. In retirement he was a tireless work for the Missions.

Bishop McKeon was a kind and caring pastor who was very much a Bishop of the people. He was one of the four Bishops who founded the Catholic Education Commission of Western Australia and the Catholic Institute; both of which were unique in the world at the time. The modern Catholic School has grown from the vision and courage of Bishop McKeon and the other Bishops in creating the Commission which still oversees Catholic Schools to this day. Bishop McKeon also had a strong devotion to Our Lady, hence the prayer this week.

May he rest in peace after a life of selfless service and prayer.
**Kindergarten Interviews**

Kindergarten interviews will commence for our new families next week. Families with siblings for Kindy in 2017 will be offered interviews in groups early in third term to confirm their enrolment. We still have vacancies so if you know of families who are interested and will be supportive of our Catholic ethos, and community values, please encourage them to call to register their interest. They are welcome to view our facilities at any time and then to make an appointment if they wish to proceed with enrolment.

**Food Garden**

Thanks of behalf of all in our community to Alisa Allison, Sally Gray and Michael and Sherylee Tutt for their work in the food garden preparing the garden beds for some plantings for our junior grades.

We are planning to schedule a meeting of parents directly after school in the near future to organise a committee to coordinate the garden for this year. I will organise supervision for your children so you can attend. The majority of the hard work is done, with the garden already prepared and underway for this year. We now need a few parents to help us in coordinating future busy bees as required.

The garden is a great experience for the children and the food we have donated to St Vincent de Paul in previous years has been a strong practical example of how we can help those in need in our community.

I will notify everyone in the near future when we are organised ready for the meeting. Please consider helping us to continue this wonderful feature of our school.

**Peer Enhancement Professional Development Day – Mon 23rd May (Student Free Day)**

As mentioned in the last newsletter and listed on our term planner on the website, our staff are visiting other schools on Monday to view initiatives and quality classroom teaching that align with our personal professional growth goals, as well as our school development. The visits will align closely with our improvement goals of using data, differentiation and improving pedagogy.

My experience of this initiative in other schools is that staff return inspired with a whole range of strategies and ideas that can improve our educational programme. The staff will share reports on their visits at future Staff and Professional Learning Community Meetings so that all can learn from the range of strategies and ideas observed.

I have been really pleased to see the range of schools to be visited which include: St Mary Mackillop College, St Joseph’s and St Mary’s (Bunbury), Trinity College (Perth), Our Lady of Fatima (Palmyra), Cowaramup Primary School, Perth College (Mt Lawley), Aronmore Catholic Primary (Leederville), St Thomas’ Primary School (Claremont), Trinity College (East Perth), All Saints College, Bullcreek, St Benedict’s Applecross and Georgiana Molloy (Busselton).

All staff are looking forward to this opportunity to share with colleagues from other schools.

**PMP Programme**

Our Pre Primary classes have commenced the Perceptual Motor Programme in the covered area with much appreciated assistance from parent volunteers. This programme is really important as a strategy to assist the development of children’s gross motor skills essential in the learning of reading, writing and other important skills. These skills include laterality (crossing the midline of the body), balance, body and space awareness, visual and spatial skills, rhythm, memory and listening. All really important learning skills.

**Family Mass**

Please come along to the Year 3 Family Mass this Saturday 21st May at 6.00pm to support the students. Everyone is invited to stay on for pizza and fellowship with parishioners and families attending after the mass.
School Camp – Years 5 & 6
I spent most of Thursday with our students at the adventure camp in Dwellingup. It was a pleasure to spend time with such well-mannered, considerate and attentive students who had obviously grown from the experience of new challenges. As always, the staff at the camp commented on the wonderfully behaved and responsive students from OLC. It’s great to see they don’t leave their values at school, or home, and instead display them wherever they go. The other aspect that was really noticeable was the teamwork amongst the staff and volunteer parents to care for and support the students. This was another example of the community spirit of the school.
I must single out the staff for their organisation and supervision of the camp. Taking students away for a week is a considerable responsibility. I was exhausted after one day as a participant only!. I thank Mrs Delane, Mr Danaher and Miss Dziadulewicz (Miss D) for all your contributions to such a beneficial experience for the students.

Interschool Winter Carnival
Advance notice that our students in Years 5 and 6 will be attending the winter carnival at Hay Park in Bunbury on Friday 3rd June. Mrs Sinclair will send out a detailed note in the near future.

OLC Cross Country
This is scheduled for the morning of Thursday 16th June. Children are to wear their faction coloured T-shirts and bring along coloured decorations (teddies, banners etc). They can wear coloured zinc, but must not colour their whole face, as this can get very messy! I encourage you all to attend if possible. We will begin at 9.15am and it will conclude before recess.

Mother’s Day Morning Tea
It was great to see so many mothers attending the wonderful Year 1L prayer assembly and staying on for the Mothers’ Day morning tea. Thanks to Alicia Higgins, Fran and Sandra for the organisation and. A special thanks to Simon Higgins and Mark Delane for looking after the most appreciated mums of our school at the morning tea. Who said men are not comfortable in the kitchen!

GirlPower – Building Friendships for Girls
I encourage parents to read the flyer in this newsletter offering a “GirlPower” workshop for parents and staff. The workshop will be presented by Deb Perich and Lisa Thatcher from Perth College in Mt Lawley.
Deb has facilitated the programme and both presenters have had extensive experience in facilitating positive relationships and friendships amongst girls over many years. This programme was presented some years ago at OLC with much positive feedback. Please go online to register as explained in the flyer. We have opened the afternoon to parents of children at Dunsborough Primary as many of our girls may be involved with girls at DPS through sporting and other community events.
OLC Catholic Community Corner

MAY IS THE MONTH OF MARY
Last Friday Year 1L celebrated Mary and Mothers with their prayer assembly. The students explained and demonstrated the story behind the prayer “Hail Mary”. They also shared a video of a special time they had each shared with their mum’s. There were a few tears spilled as people were reminded of the special bond between a mother and her child. If you missed it, use your smart phone or tablet and a QR Scanner app to watch the movie here. If you need help to do this, please visit me in the library and I will help you out! Well done to Miss Lissiman and the students in 1L.

FAMILY MASS
The Feast of the Holy Trinity is officially celebrated at Mass this weekend, and Year 3 are hosting Saturday’s Family mass at Our Lady of the Southern Cross. **We would like to extend an invitation for all our OLC families to join in the parish mass at 6.00 pm.** All families are also invited to stay behind after mass to share a pizza snack with each other and members of the parish. Many thanks to the OLC P & F, who have generously funded our pizzas to encourage school and parish interaction, and to Warren and Katinka Boyes at Big Pig Pizza who are providing the pizzas at a discount to the school. Thanks also to Eloise Jennings-Hopkins for assisting with the organisation of the Mass.

BUDDY MASS
Next Wednesday Year 4 and Year 1L will travel to Our Lady of the Southern Cross to participate in the 9.30 am parish mass. Parents are more than welcome to attend with their child.

PRAYING AT HOME – THE POPE’S 5 FINGER PRAYER:

ALTAR SERVERS
This fortnight’s altar servers:

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Names</th>
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</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>May 21</td>
<td>6.00pm</td>
<td>Tom Meyer &amp; Volunteer</td>
</tr>
<tr>
<td>Sunday</td>
<td>May 22</td>
<td>9.00am</td>
<td>Sofia Prestipino &amp; Alix Ness</td>
</tr>
<tr>
<td>Saturday</td>
<td>May 28</td>
<td>6.00pm</td>
<td>Molly Greaves &amp; Abbey Hodge</td>
</tr>
<tr>
<td>Sunday</td>
<td>May 29</td>
<td>9.00am</td>
<td>Sam Phillips &amp; Jarrad Tutt</td>
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</table>

Please note that Sunday Mass times have changed to 9.00am over the winter.
Please arrange a swap with someone else on the roster if you are unable to attend.

Mrs Amie Meyer, OLC Religious Education Coordinator.
God bless,

Des Wilkie
Principal

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**Happy Birthday! - Wishing you a very happy Birthday!**

<table>
<thead>
<tr>
<th>Ardi Kartana</th>
<th>Kiana Polain</th>
<th>Ocea Smart</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luca York</td>
<td>Scarlett Bickett</td>
<td>Mia Martin</td>
</tr>
<tr>
<td>Noah Haynes</td>
<td>Cameron Spencer</td>
<td>Jeremy Rolfe</td>
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<tr>
<td>Zeph Whitcome</td>
<td>Sophie Summers</td>
<td>Coby Pes</td>
</tr>
</tbody>
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**MERIT AWARD WINNERS**

**Congratulations to the following students for receiving a Merit Certificate**

- Timothy Dwyer, Hudson Archer - Green Room (PPL)
- Jordy Buxcey, Alexandra Youlden - Green Room (PPB)
- Skyla Boyes, Lara Murray, Hudson Morris, Rose Rawling, Tilly Hall, Cameron Spencer - Orange Room (Y1L)
- Holly Kerr, Jasper Edwards, Jaz Curtis, Georgie Leahy - Orange Room (Y1P)
- Azzurra Guazzelli - Orange Room (Y1P)
- Toby Delane, Ella Foy, Gabriel Douglas, Zali Stone - Blue Room
- Gabriela McGinley, Coby Pes - Red Room
- Mia Martin, Matilda Manji, Jaya Kartana - Yellow Room
- Jonah Lynx-Whiteland - Yellow Room
- Nelson Lacey, Charlie Parker, Brody Edwards, Meg Higgins - Purple Room
- Eva Davies, Daniel Hall, Ardi Kartana, Tahlee Merifield - Silver Room
- Alix Ness - Sport
- Joel Peterson - Indonesian

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**Uniforms**

As several student’s jumpers have recently gone missing, would you please check your child’s uniform items (e.g. hats and jumpers) to ensure your child hasn’t accidentally taken a jumper or hat that doesn’t belong to them. Thank you for your assistance.

Please also make sure your children bring hats into school. We have several children who regularly forget their hats. It is school policy that children require their hats to play outside. Should your child have lost their hat you can call in to the office to purchase a new one.
SCHOLASTIC BOOK FAIR
Over two days last week a Monster Book Fair was held in the OLC library. The response from parents and their families was outstanding. In two days we sold over $4000 worth of books, which translates to a commission of nearly $1200 for books for the OLC Library! Many thanks to everyone for the fantastic support. Students can look forward to our new books being ready to borrow in the next few weeks.

MARGARET RIVER YOUNG READERS AND WRITERS FESTIVAL
Next week OLC will be lucky enough to be visited by three outstanding Australian authors who are coming to the school to speak with the students in PP to Year 6. Tuesday will see the Year 5’s and 6’s entertained by Dr. Brian Greig, author of *Venom Doc* who will regale the upper students with his tales of survival after 26 venomous snake bites! Also on Tuesday, PP, Year 1 and Year 2 will be visited by Louise Park who has written a number of popular children’s series such as *Zac Power* and *Bella Dancerella* and *Beast Quest*, all under different pseudonyms.

On Friday our Year 3 and 4 classes will workshop with Josh Langley, author of *Being You is Enough and Other Important Stuff*, a fun self-help book for kids to remind them of the simple things in life that matter: Gratitude, Imagination, Everyone is Different, No-one is Perfect and They’re not alone. Each author workshop promises to be entertaining and informative. If parents would like to participate in further activities with their children during the festival, *Barefoot Books* is hosting Louise Park for an author reading at the Busselton store, and a number of other events are taking place from the 3-5 June across the region. See the website for details.

*Barefoot books*

**SOMETHING FOR THE KIDS!**

**LOUISE PARK**
aka H.I. Larry aka Mac Park aka Poppy Rose
Author of:
*Zac Power, Boy v Beast, Star Girl, Bella Dancerella, Harriet Clare*

4.00pm
Friday 3rd June at Barefoot Books

Come on down and hear this fabulous and much loved author read from one of her many books!
Free jelly cup & fresh fruit for the kids!

Mrs. Amie Meyer and Mrs. Mary-Lee Kemp – OLC Library
OLC’s fete will be on Sunday 23 October this year, so please put the date in your diary as all hands on deck. This year’s theme promises to be a gastronomical delight with lots of food stalls to tempt your taste buds as well as lots of rides and games for all members of the family to enjoy.

Would you like to join the committee? Please contact Lauren Bidesi on lbidesi@hotmail.com for more information. We also need someone to help us sort out the stall floats on the day so please let us know if you are interested.

Can anyone help with the following:
Jumping Castle?
Bubble machine?

Please start putting aside books and toys for our White elephant stall - drop off point will announced closer to the fete.

We will be asking for donations of fresh produce closer to the fete date so please keep in mind.

Your P&F reps have all been allocated your class stalls and will organise rosters for you closer to the date. Thank you in advance for all your help.

2016 Fete Committee

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**Canteen Roster**
Please make sure you swap with someone if you are unable to do canteen on your rostered day.

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Tues 24th May</th>
<th>Nadine Love</th>
<th>Rohan Hayhow</th>
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<tbody>
<tr>
<td></td>
<td>Thurs 26th May</td>
<td>Kirsty Darlington</td>
<td>Sally Gray</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues 31st May</td>
<td>Joanna Edmond</td>
<td>Lara Currie</td>
</tr>
<tr>
<td></td>
<td>Thurs 2nd June</td>
<td>Deb Brice</td>
<td>Catri Jones</td>
</tr>
<tr>
<td>Week 7</td>
<td>Tues 7th June</td>
<td>Cheryl Stone</td>
<td>Marylee Edwards</td>
</tr>
<tr>
<td></td>
<td>Thurs 7th April</td>
<td>Anthea Brown</td>
<td>Lara Currie</td>
</tr>
<tr>
<td>Week 8</td>
<td>Tues 14th June</td>
<td>Sue Ellen Phillips</td>
<td>Vanessa Hodge</td>
</tr>
<tr>
<td></td>
<td>Thurs 16th June</td>
<td>Nikola Hewson</td>
<td>Anthea Brown</td>
</tr>
</tbody>
</table>
GirlPower is a friendship program that inspires “Tween” girls (6 to 12 years old) to feel empowered, develop a strong sense of self, and love themselves while learning to manage the most important things to them...their friendships.

Learn how to guide your daughter through the unpredictable world of female friendships. Through interactive parent-daughter activities, parents will learn strategies to help their daughter put out Friendship Fires®, how to empower her to stand up for herself, and the best ways to support her through unhealthy friendships. GirlPower will give you a new “language” for talking about friendship, helping you connect with your daughter and open up those lines of communication.

Please note: This workshop is for girls in Years 3 to 6 and their parents. Parents of younger children are welcome to attend on their own.

TUESDAY 21 JUNE 2016
3.30 TO 5.30 PM

where:
Our Lady of the Cape Primary School – The Hall
245 Cape Naturaliste Rd, Dunsborough, WA, 6281

Register today!
Tickets are $35 per person and include a folder with handouts, a GirlPower pencil and sticker and an opportunity to ask questions one on one following the workshop.

Please CLICK HERE to register for this event or visit http://urstrong.com/events/

To learn more about GirlPower & GoodGuys and the programs available for kids, parents, and educators, please visit www.urstrong.com or email info@urstrong.com

girlpower
Deb Perich & Lisa Thatcher
Licenced GirlPower & GoodGuys Presenters

www.urstrong.com girlpower@urstrong.com
TEA TOWEL and CARRY BAG FUNDRAISER

Dear Parent / Carer / Friend,

As part of our fundraising efforts, the P&F is again running the very popular tea towel and carry bag project. We are aiming for the early bird offers by ordering before June 30, so please get orders in ASAP 😊.

The limited edition design will be made up of self-portraits drawn by all our children and staff and screen printed onto the tea towels and carry bags. The pictures and names will be arranged all together as a commemorative design to celebrate our school’s 20th Anniversary.

We chose the tea towels and carry bags because everyone loves them. The children are thrilled to see their own artwork in print. They make a lasting memento to remember classmates, are amazing as gifts for parents, relatives and special friends and of course, super useful! Don’t forget to order a few extras for family members and your keepsake box.

There is a sample tea towel in the school office (premium quality white cotton tea towels (50x70cm). The same design (half each side) will be printed onto the heavy duty cotton bags (45x45cm, 10cm gusset, 55cm handles).

Thank you for your continued support.

Final orders are due before ➔ June 1st 2016

If you have any queries please contact Shelylee Tutt tuttsa@westnet.com.au or text 0400 240 679

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TEA TOWEL and CARRY BAG ORDER FORM

Student Name: ___________________________________________ Class: ________________

Contact Name and Phone Number: ____________________________________________

Number of Tea Towels Ordered: $15 ea 1 □ 2 □ 3 □ 4 □ 5 □ or more →___________

Number of Carry Bags Ordered: $22 ea 1 □ 2 □ 3 □ 4 □ 5 □ or more →___________

Please enclose payment with your order: TOTAL enclosed $________

☐ Cash
☐ Cheque (made payable to Our Lady of the Cape)

Please put order form in the P&F box outside the office
The trick to being at your parenting best
By Michael Grose

As parents we know how we want to respond and communicate with our kids when we’re calm but when we are under intense pressure not only can’t we find the words we need but we lose our cool as well! Here’s 5 tips to be at your parenting best.

The good news is your brain can be tricked into working for you, not against you. It takes patience and practice. Here’s how.

1. Recognise the situations and the symptoms
Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary. I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I’m under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

2. Train yourself to STOP!
The lizard brain wants you to act fast – to get away, to lash out, to defend yourself when you’re under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don’t let the lizard-brain win!

3. Step away and breathe
Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts (“I’m going to &** him!”) that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4. Think of your Best parenting self
Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your ‘best’ or ‘ideal’ self as a parent. First you need to work out when you’re at your parenting best – it maybe when you’re patient, caring, loving and calm. Your “Best Parenting Self “is the motivator to help you refrain from making emotional responses that you’ll regret later.

5. Now act!
Now that you’re pre-frontal cortex is winning again it’s time to think of the best possible response to a tricky parenting situation – which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress. If it always comes out on top then you’ll find it hard to parent as you’d like. You’ll be fighting your limbic system as well as your kids. Get it under control and you’ll be better placed to respond to your kids as you’d like to in the cool, calm light of day.
George's Community Care will be hosting a Cancer Council “Biggest Morning tea” on Thursday 26th May from 10am at the Family Centre on Gibney Street. Come and join us for a cuppa and cake and help raise funds to fight cancer. For enquires phone Prue 0412 776 726