



Many Hearts, One Voice  
10 August 2018



*Our Lady of the Cape Primary School is a community where each child is valued as an individual and nurtured spiritually, by many hearts working together as one voice to fulfil their overall potential.*

### Important Dates

**Mon 13 Aug**

- Bishops Literacy Assessment Y3

**Wed 15 Aug**

- OLC Feast Day – Mass 9am OLC
- Mission Markets 12pm

**Thu 16 Aug**

- Y6 Confirmation Prayer Retreat

**Fri 17 Aug**

- Y1S Performance Assembly

**Sat 18 Aug**

- Y7 Confirmation OLOSC 6pm

**Wed 22 Aug**

- Board Mtg 7pm

**Thurs/Fri 23/24 Aug**

- School Photos

**Fri 24 Aug**

- General Assembly

**Tue 28 Aug**

- Y1/Y2 Jumps

**Wed 29 Aug**

- Y3 – Y6 Jumps

**Thu 30 Aug**

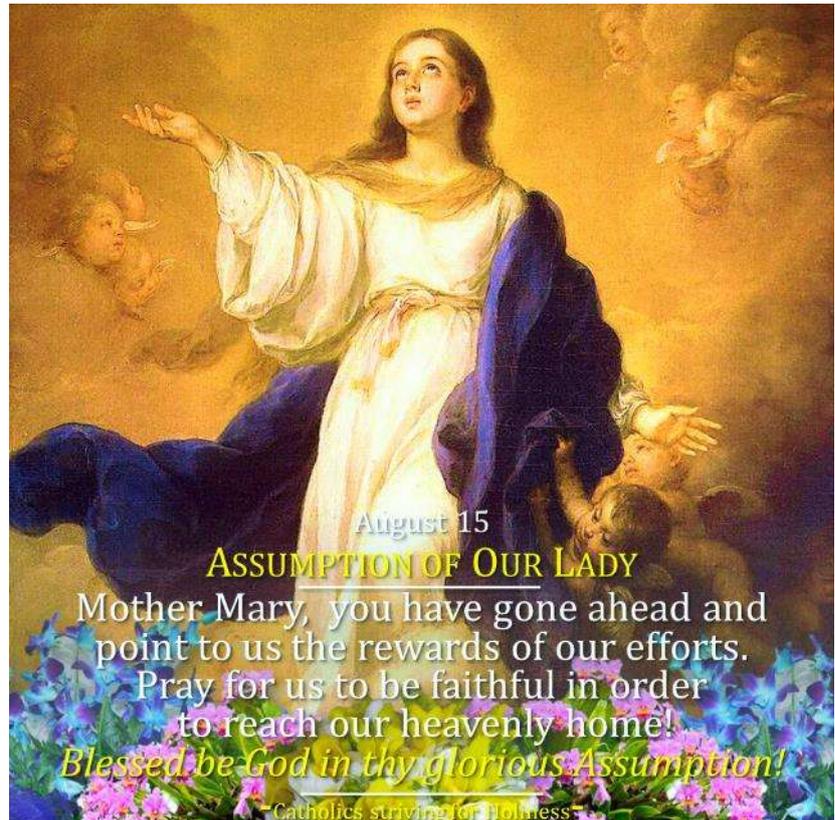
- Book Week Dress Up /Incursion

**Fri 31 Aug**

- P&F Father's Day Breakfast 7.30am
- General Assembly

For more dates, go to <http://www.ladyofcape.wa.edu.au/calendar.php>

Note: dates are subject to change and the calendar should be checked regularly.



Dear Parents, Students and Community Members,

As mentioned in the newsletter of last week, we had two experienced Principals in our school on Monday to conduct my Performance Review. Before they commenced the interviews required as part of the review, I escorted them on a tour around our school. At the end of the tour both visitors expressed appreciation of the quality presentation of all classrooms, the engaged and settled working environment and the quality learning they observed.

I would like to thank our Teachers and Education Assistants for providing this quality learning environment and engendering the obvious pride the students have in their school.

### Sharing Best Practice

This morning we hosted eight visitors from four South West Catholic Schools for a sharing of our journey towards our excellent result in the recent National Quality Standards Audit of classrooms from Kindy to Year 2.

Our Lady of the Cape Catholic Primary School  
PO Box 562, 245 Cape Naturaliste Rd, Dunsborough WA 6281 Tel: 08 9755 3866  
Web: [www.ladyofcape.wa.edu.au](http://www.ladyofcape.wa.edu.au) Email: [admin@ladyofcape.wa.edu.au](mailto:admin@ladyofcape.wa.edu.au)  
Newsletter: [newsletter@ladyofcape.wa.edu.au](mailto:newsletter@ladyofcape.wa.edu.au)  
Staff [firstname.secondname@cewa.edu.au](mailto:firstname.secondname@cewa.edu.au)  
Facebook page: <https://www.facebook.com/OLCDunsborough/>

This collaboration was a great help to our visitors as they prepare for an audit next year. My personal thanks to Mrs Birch for all her work in preparing and for sharing our journey and the practical steps we followed to build upon the already existing quality programs at OLC.

Part of the sharing was a tour of the Early Childhood classrooms. This was another opportunity to share the very positive learning environment present in our school. Thanks again to our teachers and EAs for their commitment, hard work and teamwork which, together with the engagement of the students, results in quality learning outcomes.



**Further Development of Healthy Canteen Menu**

We are committed as a school to have the healthiest canteen menu possible. Sara is always looking for improvements. The latest is the trialling of Kombucha as a possible replacement for juice boxes. The juice boxes we have are the lowest in sugar we can find, but they still have sugar present. Please read the information about the health benefits of Kombucha elsewhere in the newsletter. Our school community is very fortunate to have Sara coordinating our canteen with support from our volunteer parents. The tradition of a healthy canteen continues.

God Bless,

Des Wilkie, Principal

**MERIT AWARD WINNERS**

Congratulations to the following students for receiving a Merit Certificate

- |   |   |                          |
|---|---|--------------------------|
| <b>Oliver Jecks &amp; Dakin York</b>                      | - | <b>Green Room (PPB)</b>  |
| <b>Marlee Adams</b>                                       | - | <b>Green Room (PPL)</b>  |
| <b>Lakey Thompson, Oliver Hoar &amp; Imogen Phipps</b>    | - | <b>Orange Room (Y1S)</b> |
| <b>Scarlett McNeil, Tristan Lambert &amp; Perri Hall</b>  | - | <b>Orange Room (Y1P)</b> |
| <b>Eva Paterson &amp; Sonny Spittles</b>                  | - | <b>Blue Room (2K)</b>    |
| <b>Cooper King &amp; Flynn Rogan</b>                      | - | <b>Blue Room (2T)</b>    |
| <b>Taya McMaster &amp; Jack Veitch</b>                    | - | <b>Red Room (3D)</b>     |
| <b>Jutin Matthews &amp; Nathan Gilbert</b>                | - | <b>Red Room (3M)</b>     |
| <b>Jack Roberts &amp; Toby Delane</b>                     | - | <b>Yellow Room</b>       |
| <b>Zoe Hewson, Olive Vollprecht &amp; Georgia Barr</b>    | - | <b>Purple Room</b>       |
| <b>Demi Buxcey, Lilly-Mae Phillips &amp; Ella Lenihan</b> | - | <b>Silver Room</b>       |

## Learning Culture



### Pro Football Training - Soccer Incursion



This week classes from Pre-Primary to Year 6 enjoyed a soccer incursion conducted by Jack Eades from Pro Football Training. Despite some inclement weather on Wednesday, Jack had engaging and fun games for the Years 3 to 6 students. The main focus for Jack's sessions are around participation, decision making, positive fair play and of course, fun!



On Thursday the Pre-Primary to Year 2 classes enjoyed the sanctuary of the school hall where again the students enjoyed age-appropriate games focusing on team work, problem solving, inclusion and encouraging others.

Jack will be conducting PFT sessions exclusive to OLC for the next four Friday afternoons, starting today, on the school oval at 3:15. All OLC students are welcome.

More details on the flyer in this week's newsletter that has also been sent home.






**Pro Football Training** will be offering an *exclusive* schools program in partnership with

**Our Lady of The Cape**

Sessions will take place on the School Oval  
Parents have the option to pay weekly - \$15.00  
or  
**\$60.00 for 4x45minute sessions (3:15pm to 4:00pm)**  
**Friday 10<sup>th</sup> - 17<sup>th</sup> - 24<sup>th</sup> - 31<sup>st</sup>**

Simply email [jack@profootballtraining.com.au](mailto:jack@profootballtraining.com.au) with the following details:  
Childs Name/Date of Birth/Contact Number/Email Address

[www.profootballtraining.com.au](http://www.profootballtraining.com.au)

### **Welcome to our New Students from Spain**

Earlier this term we welcomed Alicia and Laura Lopez Perez to OLC.

Alicia (Year 4) and Laura (Year 6) will be at OLC for 5 weeks enjoying a cultural immersion from Alicante, Spain into our Australian school system and living in our beautiful Dunsborough environment.

We hope to learn with the girls about Spain and its culture as well as teaching them about Dunsborough and Australia.

The girls have settled in wonderfully to the school, making friends and communicating really well in English. They especially love our canteen food, of course!

Thank you to the Year 4 and 6 teachers and students who have made the girls and their family feel so welcome.

Mr Torrese  
Assistant Principal



# CATHOLIC COMMUNITY CORNER



## YEAR 2 PRAYER ASSEMBLY

The Year 2 students led us on a beautiful prayer journey this morning on the theme of belonging and inclusivity. The Prayer service began the Hail Mary whole body prayer. It concluded with a song called "Family" which highlighted the fact that even though we are different, we are all part of the same family. Amazingly the Year 2's sang and signed the entire song using Auslan (Australian Sign Language)! Thank you to the Year 2 classes and their teachers for such a beautiful reminder of how we can live like Jesus by including everyone.

## MAKING JESUS REAL

Over the past week we have been on the lookout for students demonstrating "Spirit of Jesus" moments. 23 students were nominated for the "Cape Crusader" award this week, and our winners were:



**Mia Martin (Naturaliste)**

**Maisey Coyle (Meelup)**

**Jacob Gray (Geographe)**

**Max Jeffrey ((Leeuwin))**

Congratulations on **Making Jesus Real** in our School!



## **MJR THANK YOU**

A big thank you to the number of parents who volunteered to assist in creating our new OLC Mascots, especially **Bec Hoar** who provided the material for our Cape Crusaders, **Penne Martain** who created the Capes and **Mark Phillips** at **Hip Pocket Work Wear** for embroidering the school logo onto the Cape. Doesn't our Cape Crusader look amazing! Thank you to these parents and businesses for their generosity.



## **YEAR 6 CONFIRMATION AND BISHOP'S VISIT**

Next week the Year 6 students will begin their final preparations toward receiving the Sacrament of Confirmation. Activities will include a visit from Bishop Gerard at 10.30 am on Wednesday, a confirmation retreat with Mrs. Sue Barton, followed by Reconciliation on the Thursday, and a whole class practice at the church on Friday. We would love to have some volunteers in Years 3-5 who can assist Mrs. Horrocks with the choir for the Sacrament of Confirmation on **Saturday the 28<sup>th</sup> August at 6.00pm.** Please look out for a participation notice via SEQTA which you can reply to should your child be able to assist. We are looking forward to a very special occasion and I would ask that you keep the Year 6 students in your prayers over the coming weeks. Thank you.



## **BISHOPS RELIGIOUS LITERACY ASSESSMENT**

The Bishop's Religious Literacy in Year 3 next week. These tests will be conducted online using iPads. This test focuses on students' ability to recall content about the Catholic religion and to assess students' knowledge and understanding of Religious Education. The tests will take place on Wednesday.

## MISSION MARKETS & OLC FEAST DAY



We celebrate our school feast day on the Assumption of Mary each year, which falls this coming Wednesday. On this day, we remember Mary going to heaven. We will begin with a whole school mass in the hall, celebrated by Fr. Ian at 9.00am. Parents are welcome to join us for this celebration. Following Mass, classes will focus on the Feast of the Assumption during their classwork up until 11.45am. Please note that this is not a free dress day. **The students should wear their sports uniform please.** At midday the annual Mission Markets will happen, where each class has a stall and students buy from the stalls or pay to participate in an activity. The money raised is used for the Missions via Caritas. **Children should bring no more than \$10.00** (senior students) or **\$5.00** (junior students), preferably in coins, to spend at the markets. After lunch, the classes will be broken into multi-aged groups and they will participate in a rotation of activities that are a mixture of fun indoor and outdoor games and activities (fingers crossed with the weather!) Thanks to the staff for helping the classes organise this day of celebration and to our senior students who will provide the necessary support for the younger students on the day. We look forward to a fun time for all! God bless everyone and have a great week.

**Mrs. Amie Meyer**  
**OLC Religious Education Coordinator**

## BOOK WEEK 2018



Australian Children's Book Week falls between the 18<sup>th</sup> - 24<sup>th</sup> August, however due to other commitments this year we will be celebrating a little later on **Thursday the 30<sup>th</sup> August**. The format this year will be a little different, however as usual students are invited to **dress up** as their favourite **storybook** character. The theme this year is "**Find Your Treasure**"

Children's author DC Green will be visiting the school on the day between 9.00am and 11.00am. Parents are welcome to attend. At the end of his show, DC will be selling and signing books.

**'DC Green was VERY funny. Even the teachers laughed.'** – **Bothwell District School, Tas.**  
**About DC Green**

Before he became a zany children's author, DC Green was an award-winning surf journalist. He has written about shark attacks, the Bali bombings and profiled the likes of 11-times world champion Kelly Slater (who DC beat (at a game of pool)).

In the last ten years DC has performed over 1,000 school shows around Australia. His performances are funny, dramatic and full of great writing tips and ideas.

You can check out DC's stuff at his website, [dcgreenyarns.blogspot.com.au](http://dcgreenyarns.blogspot.com.au).

'I loved when DC sang and rapped. I couldn't stop laughing. I laughed my head off.'

– Milka, St Patrick's School, Port Kembla, NSW.

### **SIGNED BOOKS!**

All DC's books cost \$15 except for Three Little Surfer Pigs which has been slashed to \$10 and the two City of Monsters books (\$19 each).

Students who buy more than one book will receive a free signed poster!!

Buy all three Erasmus James books for just \$35 or all seven DC books for a mere \$95!!!

Simply bring in an envelope to the school with money inside and the title(s) of DC's books on the front of the envelope.

We look forward to an exciting visit and the annual Book Week Costume parade. Time to get creative everyone!

**Mrs Amie Meyer**

**OLC Library Resource Teacher**



Congratulations to **Isabella Bidesi** who represented Our Lady of the Cape at the **State all Schools Championships today**. A total of 1845 kids over three year groups (yr4-6) were involved. A large contingent of 300 girls ran in the year 5 race.

Isabella will also complete in the Little Athletics State Championships the next day. We wish you all the best Isabella.

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### Canteen is introducing Remedy Kombucha

Introductory price of \$2.00 each until end of Term (Term 4 will be normal price of \$2.50. Apple crisp, Raspberry Lemonade & Ginger Lemon 250ml cans

#### **What is Kombucha?**

In a nutshell, its a fermented drink that is tasty and good for you.

The traditional method of making kombucha involves a natural fermentation of sweet tea, wild healthy bacteria and yeasts.

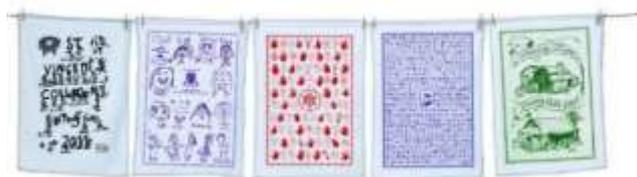
The result is a tasty drink with sweet and sour flavours that contains healthy, living bacteria and organic acids that are good for your gut and overall wellbeing.

During the fermentation, these good bacteria produce short chain fatty acids (SCFAs), also known as organic acids. These are the same acids naturally produced by the healthy bacteria in your gut, supporting your immune system, metabolism and overall health. SCFAs have some pretty important jobs in your body, such as to:

- Prevent overgrowth of bad pathogenic bacteria, by lowering the pH of the gut environment.
- Provide an energy source for the probiotic bacteria in your gut.
- Increase the body's ability to break down fats
- Assist in regulating appetite
- Help stabilise blood sugar levels
- Help to regulate cholesterol

Additionally, Remedy naturally contains no sugar. Their fermentations are long-aged, which means all of the sugar is consumed during fermentation and converted into those SCFAs/ organic acids that we keep raving about! This is why Remedy is the only kombucha to have the official tick of approval from I Quit Sugar.

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### P&F Tea Towel Fundraiser

Reminder that Final orders are due before **Friday 24th August 2018 (In mail box outside school office)** If you have any queries please contact Emma Bickett on 0438 046 378 or [eperron@vianet.net.au](mailto:eperron@vianet.net.au)

# **SURF ONLINE SAFE**

## **INTERNET AWARENESS FOR ALL OF US**

PARENTS AND TEACHERS INFORMATION EVENING  
PRESENTED BY

### **PAUL LITHERLAND**

Paul presents to over 400 schools and organisations across Australia. His reputation as a high quality key note speaker is continuing to grow to the point that he is now considered one of Australia's leading presenters on the subject of Internet Awareness. Paul continues to press our government to address the myriad of issues being faced by many in the online world and is a leading figure in the drive for legislative and structural change to the environments our kids are being exposed to, especially in regard to Social Networking.

<b>DATE/TIME</b>	<b>VENUE</b>
<b>Wednesday 7th November 2018 6.30pm to 8pm</b>	<b>Dunsborough Primary School-subject to change depending on numbers.</b>

# Community News



## KEEPING OUR KIDS SAFE ONLINE

Red Cross acknowledges the Traditional Owners of this land, their ancestors and Elders, past and present.

### FREE EVENT

**Tuesday 28 August 10am to noon** EAGLE BAY COMMUNITY CENTRE Fearn Rd Eagle Bay.  
Bookings essential ph 0418 956 590 email [naturalisteredcross@gmail.com](mailto:naturalisteredcross@gmail.com)  
concerned adults welcome: Parents, grandparents, relations, friends, teachers.  
To learn more visit: <https://www.esafety.gov.au/education-resources/outreach/community-presentations>

## Commit to your child's online safety



Children are exposed to online content in their preschool years. Behaviours like cyberbullying begin at primary school. Peer pressure can cause poor online decisions for many teenagers.

- Hear from the Office of the eSafety Commissioner on empowering young people, parents and carers to manage online issues.
- Commit to your child's online safety by attending this presentation from one of Australia's leading online safety experts.

### eSafety is important for every child from ages 1 to 18

Learn how to:

<ul style="list-style-type: none"><li>Reduce accidental exposure to inappropriate content</li><li>Initiate conversations about online stranger danger</li><li>Identify age appropriate apps and websites</li></ul> <p><b>1-7</b></p>	<ul style="list-style-type: none"><li>Deal with online stranger contact</li><li>Have a conversation about online issues including cyberbullying</li><li>Manage apps and privacy settings</li><li>Support your child using online safety resources</li></ul> <p><b>8-12</b></p>	<ul style="list-style-type: none"><li>Report serious cyberbullying and image based abuse</li><li>Manage screen time and excessive use</li><li>Have a conversation with your child about their online brand</li></ul> <p><b>13-18</b></p>
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**BUSSETON ASSOCIATION**  
**BUSSETON TEE-BALL ASSOC.**

Busseton Diamond Sports  
**Combined Registration Day**  
Saturday 1st September 2018  
9am - 2pm  
Lou Weston Sports Ground  
King St, Busseton

All ages  
Bring your friends  
Have a go at junior softball!

Find us on Facebook

**NATIONAL SCIENCE WEEK 2018**

# SCIENSEA

AFTER SCHOOL ACTIVITIES

3.30PM - 5.00PM

TUESDAY 14TH AUGUST - BUSSETON LIBRARY  
WEDNESDAY 15TH AUGUST - DUNSBOROUGH LIBRARY  
HOSTED BY BUSSETON JETTY

ENJOY LEARNING ABOUT MARINE LIFE THAT LIVE UNDER THE BUSSETON JETTY, HOW THEY ARE BEING PROTECTED AND PRESERVED AND WHAT YOU CAN DO TO HELP FEATURING HANDS-ON ACTIVITY STATIONS.

**SUITABLE FOR PRE-PRIMARY- YR9**

Rio Tinto, City of Busseton, Busseton Jetty logos