



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.

Many Hearts, One Voice
8 March 2019

Important Dates

Mon – Fri 11-15 March

- Swimming Lessons:
Y4-6 Old Dunsb
Y2 GLC Pool

Wed 13 March 7pm

- School Board Mtg

Fri 15 March

- PPL Performance
Assembly – 9am

Sun 17 March

- Staff/Board/P&F
Commitment Mass

Mon – Fri 19-22 March

- Swimming Lessons:
Y4-6 Old Dunsb
Y1&3 GLC Pool

Thur 21 March

- P&F Mtg 9am

Fri 22 March

- Y2K Performance
Assembly

Wed 27 March 5.30pm

- Sacrament of
Reconciliation

Wed 28 Mar

- Interschool
Swimming SWSC
Bunbury

Fri 29 March

- Harmony Day
P1B Performance
Assembly – 9am

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

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

Loving Father,
So many times I turn away from you and always you welcome me back.
Your mercy and love gives me confidence.
Thank you for the invitation to share, fast and pray so that you can form a new heart within me.
Your powerful compassion for my weaknesses leads me to ask for mercy and await with great hope the Easter joy you share with us.
Through Christ our Lord. Amen.

LENT
Pray + Fast + Give

Dear Parents and Members of Community,
Everyone will be aware of the emphasis in our school on our core values and on the Making Jesus Real initiative where we strive to reflect Jesus in all that we do. **This morning at our assembly we recognised Dior Blackburn's fundraising efforts for the Disabled Surfers Association.** Mrs Meyer shares more of the story in the Catholic Community Section of this newsletter, but I would like to share her speech presented today at the Star Citizen Assembly.

*"Hi everyone, I am doing a fundraiser for the Disabled Surfing Association. These people have found friendship, support and have renewed their interest in surfing. When we went to see it, it was amazing! Some of them couldn't even walk. Some were standing up on the surf boards. Here is some information: It is a non profit organisation and relies on volunteers. They started in 1986 when a man lost his leg in a motorbike accident. Anyone with any sort of disability can go and they drive from everywhere to attend. It makes the people so happy at every age and makes me so happy to watch everyone having such a good day! This is why I decided to do the fundraiser so the good things can continue."
Dior Blackburn.*

Dior has shown amazing Compassion by showing the Spirit of Jesus and giving to others. I would like to congratulate Dior for what she has achieved.

Kind Regards,
Des Wilkie, Principal

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Clean Up Australia Schools Day

"Last Friday the classes PP-yr5 participated in Clean Up Australia Schools Day. Each class was allocated an area of the school to clean up and happily our school proved to be quite a clean place. The area that we collected the most rubbish was from the front of the school along Cape Naturaliste Rd. Awesome work everyone!!!"

Mrs Kristie Leahy





Our Learning

Swimming 2019

As you know Swimming lessons commence in Weeks 6 and 7.

We have been able to secure both beach and pool locations and for the majority of the classes, late morning and afternoon sessions. This enables us to have more learning time during the morning for a greater number of classes.

Years 1-3 will have lessons over one week only (GLC pool)

Years 4-6 will have lessons over the two-week period (Beach)

This year's schedule is as follows:

Week	Classes	Location	Bus Time	Swim Lesson Time	Leave GLC or Beach	Return at OLC
WK 6	Year 2	GLC Pool	11:30am	12:15 - 12:55 10minute Break 1:05 – 1:45	1:50	2:20
WK 6	4D and Year 6	Old Dunsborough Beach	12:00	12:15 - 12:55	1:00	1:10
WK 6	4R and Year 5	Old Dunsborough Beach	12:50	1:05 – 1:45	1:50	2:00
WK 7	4D and Year 6	Old Dunsborough Beach	12:00	12:15 - 12:55	1:00	1:10
WK 7	4R and Year 5	Old Dunsborough Beach	12:50	1:05 – 1:45	1:50	2:00
WK 7	1B and 3Mc	GLC Pool	9:40	10:15- 10:55 10minute Break 11:05 – 11:45	12:00 (15 mins wait after lessons finish).	12:30
WK 7	1P and 3Mu	GLC Pool	11:30	12:15 - 12:55 10minute Break 1:05 – 1:45	1:50	2:15

The children will travel by bus each day.

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 pool 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 pool 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
 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.
 7. Plastic bag for wet clothes/towel.
 8. Snack and water for break time.



Adrian Torrese
Assistant Principal

OLC CATHOLIC COMMUNITY CORNER



ASH WEDNESDAY MASS

We celebrated Ash Wednesday this week with the members of our school from Years 1-6, and members of the parish in the OLC hall. The Year 4 students did a wonderful job leading the liturgy and prepared some beautiful artwork for us to focus on in the hall. The Preprimary students were lead in a special prayer service with Mrs. Leahy, and also produced some beautiful artwork after the service.



Ash Wednesday marked the beginning of Lent. During Lent we show sorrow for when we have made bad choices. We do this to improve our relationship with God and others. The Church suggests three special practices for Lent:

Pray- go to Mass and pray more often.

Fast- going without something you enjoy. It can also mean giving up a certain treat or a negative behaviour.

Give - means doing good for others. That can be giving gifts of money or help to others.

As a school we hope to demonstrate compassion by contributing to Project Compassion, which is run by the Catholic organisation Caritas, and is outlined below.



PROJECT COMPASSION

One of the ways we can make Lent meaningful is to make sacrifices to give to others in need. OLC students and families are encouraged to donate to Project Compassion during Lent by making a contribution to the collection boxes located in classrooms and offices around the school. A sacrifice like giving up a weekly treat (like treats or ice cream) and instead donating the money to this cause helps students to make Lent meaningful, and develops compassion and empathy for others. Please be generous and support Project Compassion to help those in need.



TEACHERS, BOARD & P&F COMMISSIONING MASS

Next Sunday morning at 8.00 am, the OLC Teachers, School Board and P&F Executive for 2019 will be commissioned at the annual Commissioning Mass. This is an important demonstration of the joint commitment we make to work together for the betterment of our school. All families are welcome to attend.

MAKING JESUS REAL

Our MJR program identifies students who show the Spirit of Jesus by being Welcoming, Encouraging, Saying Sorry and Saying Thank you (WESTies). We are always considering how we greet, treat and speak to each other at our school. This week's student winners of the OLC Cape Crusaders were:

MEELUP: Lucas Heitman
NATURALISTE: Priya Hodges
GEOGRAPHE: Oliver Hoare
LEEWIN: Darcy Gee



MAMA CC (The Mother Cape Crusader): Dior Blackburn. This week the winner of our Mama CC award goes to Dior Blackburn for working extra hard to show compassion for others in the community. Dior and her family recently started volunteering at surfing events held by the Disabled Surfers Association at Bunker Bay. Dior was so taken back she decided to donate all of her pocket money to the organisation and then started working to collect money from others for the cause.

Last week we learned that Dior had aimed to present a cheque to the Disabled Surfers Association tomorrow. Originally she had aimed to raise \$100. As of today we know Dior has raised over \$800 for the DSA! She is actually in today's newspaper if you would like to see her story. Great work Dior! Keep on showing the Spirit of Jesus!

Congratulations to all our winners and nominees!

FACTION TOKEN TALLY

Students are rewarded with tokens for demonstrating the Spirit of Jesus, following the school rules and for demonstrating our school values of *Compassion, Appreciation, Respect* and *Excellence*. Faction tokens are tallied weekly and the faction with the most tokens at the end of week 9 will win free dress for Friday of Week 10. Keep those tokens coming!!

LEEWIN	MEELUP	NATURALISTE	GEOGRAPHE
172	156	169	176

DO YOU HAVE A FEW HOURS TO SPARE TOMORROW?

Father Ian has recently begun planning for a columbarium to be built on site at Our Lady of the Southern Cross. A columbarium is a wall of niches to hold the ashes of those who have died. His vision for the space is that it will be a peaceful place set among the trees on the grounds where loved ones can come to visit and remember those who have died.



For the installation of the wall, Father is looking for anyone who may be able to help out with the supply of concrete, fill, or bricks. He also requires the use of a small excavator on site if possible. A BUSY BEE to take up the pavers at Our Lady's Grotto will take place at 9am TOMORROW, Saturday the 9th March at the church. With many hands it will only take a small amount of time, so please let myself or Fr. Ian know if you are able to assist.

If you are able to offer any time, assistance, materials or equipment for this project, please contact either myself at the school at amie.meyer@cewa.edu.au or Father Ian at the presbytery on 9755 3944. Any help would be most appreciated.

God Bless Everyone!
Mrs. Amie Meyer
OLC RE Coordinator



Our Lady of the Cape Primary School
29th of March, 2019.

Dear Parents,

Harmony Day is only three weeks away. We are getting excited!

It is the plan that this day will be fun and engaging for all of our students whilst sharing a subtle message of respect and appreciation for cultures other than what we have grown up with. By empowering our students with knowledge of traditions and celebrations of other cultures and religions we aim to foster these important values.

Thank you so much to the five parents who have put up their hands to come in and share their knowledge, skills and experiences with us on Harmony Day.

So far we have the following experiences lined up for children to engage in...

- Italian cooking
- Sri Lankan spice sensory experience.
- Oriental fan making
- Canadian immersion.
- Malaysian/Burmese immersion.
- German Immersion
- Scottish Immersion.

To make this day work well we need at least five more parents to help us out on the day. We especially need some parents from years 3 – 6.

Please contact Julie Birch if you can possible help out on the day.

Friday the 29th of March, 2019. 9am – 11am.

Thank you!

Julie Birch, Julie.birch@cewa.edu.au

OUR LADY OF THE CAPE PRIMARY SCHOOL

Star Citizen

Campbell Greay	PPL
Clancy Duffield	P1B
Jobe Sherry	Y1P
Billie-Rose Kirby	Y2S
Eva Patterson	Y3Mc
Emma Rechichi	Y3Mu
Pearl Scanlon	Y4D
Zahra Love	Y5D
Lucas Davies	Y6J

MANY HEARTS, ONE VOICE



After School Sports

Here is an example of the amazing work we do for After School Sports. Team work and fun!!!

Mrs Mandy Sinclair



News from the P&F



Our Lady Of The Cape P&F Invites all OLC Families to the Annual Sundowner 2019
Friday 8th of March 4-7pm
\$22.50 per child, this includes access to unlimited; Trampolines, Mini Golf, Jungle Mountain, Kid Zone, and Lazer Tag and a Sausage Sizzle BBQ and a Mini Moo Ice cream.



Spectators are free and parents can play Mini Golf free of charge. Attractions are also suitable for adults at the same price.

Please RSVP via email to 2018parentsandfriends@gmail.com by Tuesday the 5th of March for catering.



SCHOOL FUNDRAISING MONTH

Support a school when you purchase a Local Advantage membership!

\$12 kickback from every valid membership in March 2019

Local Advantage
South West WA

Food & Drink – Things To Do Health & Beauty – Shopping Services – Weddings & Parties Travel & Accommodation

Sign up for your very own Local Advantage Membership today, it only takes a couple of minutes!

This awesome membership app saves you money when you are out and about in the South West. Exclusive offers and discounts reward you and your family.

- Be rewarded at over 200 Local Businesses
- You can use every offer over and over again - YES! Repeat use is encouraged!

HOW TO JOIN:



- 1 **DOWNLOAD** the Local Advantage App on your smartphone
- 2 Create an account and follow prompts to become a paid member
- 3 **TICK 'Select a fundraiser'** - add the school you wish to support
- 4 Enjoy instant access to all offers
 - 12 month membership for **ONLY \$49**
 - Add a friend for **ONLY \$29*** (*Conditions apply)

Keep it Local & Save Money Today!
www.localadvantage.com.au

Join Local Advantage this March to support our school!

This awesome membership app gives you discounts across the South West and all the offers can be used over and over again! When you join or renew* your membership (selecting our school) we get a \$12 kickback per member! See *Flyer for details on how to join*. Check our www.localadvantage.com.au to learn more.

*Renewals can happen anytime – 365 days will be added to your remaining balance!

Sample offers (there are over 200!):

- 2nd hr free at Gravity Etc (valued at \$12 per child), yes you can use it for multiple kids!
- 20% off at Bootleg Brewery
- 25% off at Mojo's Restaurant
- Free bottle of wine at Lot 80 when you dine in (valued at \$35)
- 20% off at Magpie Café in Vasse
- 10% off at The Goose

- Bunnings BBQ fundraiser: **16th March**. Volunteers required. Contact 2018parentsandfriends@gmail.com
 - P&F School Community Directory will be distributed in the coming weeks. Remember to provide any contact detail updates to your class representative or email 2018parentsandfriends@gmail.com .
- Please Note: This is an entirely separate initiative of the P&F. If you have any updates to the directory – you must email the email address above.*
Updates that you may have made on the Family Detail Form that was returned to the school is confidential information that is kept on your file and is not an update to the P&F Directory.
- The Pastoral Care Freezer needs meal donations. Contact debbrice6@gmail.com with any queries.

P&F Class Reps:

- | | |
|--|--|
| <p><u>Kindy Red</u></p> <ul style="list-style-type: none"> • Juanita Fogarty • Kristy Chapman <p><u>Kindy Blue</u></p> <ul style="list-style-type: none"> • Michael Dmota • Shane Treptow <p><u>P1B</u></p> <ul style="list-style-type: none"> • Kaya Jecks • Elisha Manuel <p><u>1P</u></p> <ul style="list-style-type: none"> • Heather Starr • Emma Morris <p><u>2K</u></p> <ul style="list-style-type: none"> • Bronwen Middleton • Bianca Todd <p><u>2S</u></p> <ul style="list-style-type: none"> • Janelle Thompson • Amelia Hart | <p><u>3MC</u></p> <ul style="list-style-type: none"> • Misty Hearn • Kin Pitman • Toni Soares Carneiro <p><u>3MU</u></p> <ul style="list-style-type: none"> • Amanda Prestipino • Kim Archer <p><u>4R</u></p> <ul style="list-style-type: none"> • Chana Higgins • Fiona Chandler <p><u>4D</u></p> <ul style="list-style-type: none"> • Mandy Bate • Kristie Chapman <p><u>Y5</u></p> <ul style="list-style-type: none"> • Elli Jennings • Rohan Hayhow <p><u>Y6</u></p> <ul style="list-style-type: none"> • Shannon Jordan • Caroline Rolfe |
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Community News



TEAM
THINK EAT AND MOVE



Kids health program



betterhealth company



Government of Western Australia
WA Country Health Service

REGISTRATIONS NOW OPEN FOR TERM 2, 2019





FREE & FUN
10 WEEK
ONLINE
PROGRAM

The Think, Eat and Move (TEAM) Kids Program is a free online healthy lifestyle program for 7-13 year old's who are above a healthy weight and their families, living in regional and remote areas in WA. Funded by WA Country Health Service.

For more information, or to register for the program:
Call: 1300 899 736 or
Visit: thinkeatandmove.org

TEAM Kids Online Program

Term 2 Program Starts: April 29, 2019

Register now to receive:

- ✓ Weekly online sessions and calls
- ✓ Personal qualified health coach
- ✓ Free resources + fitness tracker
- ✓ Tokens to unlock prizes
- ✓ Learn about how to live a healthier lifestyle

For more information, or to register for the program:
Call: 1300 899 736 or
Visit: thinkeatandmove.org

 [@thinkeatandmoveprogram](https://www.instagram.com/thinkeatandmoveprogram)

 Think, Eat & Move



TIPS FROM YOUR COMMUNITY HEALTH NURSE

Sleep

School-aged children need 10 -11 hours sleep a night. Getting a good night's sleep will help your child to be more settled, happy and ready for school, and will strengthen his/her immune system. Here are some sleep tips:

- Have a bedtime routine – this will help your child wind down from the day.
 - Keep the bedroom dark, cool and quiet - this will help your child drift off easily.
 - If anxieties or worries are keeping your child from relaxing, acknowledge the feelings and deal with it straight away or plan to sort the issue out in the morning after a good night's sleep.
- Remember, medication is not the answer to children's sleep problems.

Contact your local Community Health Nurse or go to <http://raisingchildren.net.au> for more information.