



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
15 March 2019

Important Dates

Sun 17 March 8am

- Staff/Board/P&F
Commitment Mass

Mon – Fri 18-22 March

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

Thur 21 March

Uniform Shop 8.30 – 9am

- P&F Mtg 9am

Fri 22 March

- Y2K Performance
Assembly

Sat 23 March 12 – 1pm

- Interschool Training
Session

Wed 27 March 5.30pm

- Sacrament of
Reconciliation

Thu 28 Mar

Uniform Shop 8.30 – 9am

- Interschool
Swimming SWSC
Bunbury

Fri 29 March 9am

- P1B Harmony Day
Prayer Assembly

Mon 1 – Fri 5 April

- Parent Interviews

Wed 3 April 7pm

- P&F Meeting

Fri 5 April

- 2S Prayer 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.

**PRAYER
PRACTICE HOPE!**

Creator God,
You are our constant hope!

In the season of Lent, you call us to
prayer, fasting and love of those
most marginalised.

As a community of faith and courage,
let our gifts to Project Compassion
be symbols of hope and solidarity
with our one human family.

Accompany us as we journey with Jesus
to bring 'good news' to all creation and
ready our hearts to work for the
common good of all your people.

We ask this in Jesus' name

AMEN

**PROJECT
COMPASSION**

**GIVE
LENT
100%**

Caritas
AUSTRALIA
The Catholic agency
for international aid
and development
www.caritas.org.au 1800 024 412 #projectcompassion
LENT.CARITAS.ORG.AU

Dear Parents and Members of Community,

I am preparing this newsletter after hosting the South West Catholic Principals for one of the termly meetings that are shared amongst the schools. At the start of the meeting the hosting principal has an opportunity to showcase successful programs and procedures happening and to provide a tour of the school.

It was really heartening to hear so much positive feedback about our school with regard to the facilities, learning and engagement of the students who always exhibit our values.

A feature of the day was the wonderful hospitality and catering. My thanks to Sara Drmota and Leah Reilly for the delicious home cooked food and Misty Lenihan and Toni Soares Carneiro for the coffees. All of our visitors asked me to hand on their thanks and appreciation.

Our Lady of the Cape Catholic Primary School
PO Box 562, 245 Cape Naturaliste Rd, Dunsborough WA 6281 Tel: 9781 3200 Absentees 9781 3201
Web: www.ladyofcape.wa.edu.au Email: admin@ladyofcape.wa.edu.au
Newsletter: newsletter@ladyofcape.wa.edu.au Staff firstname.secondname@cewa.edu.au

School Board 2019

In a previous newsletter I informed the community of the names of the members elected to our School Board. At our meeting on Wednesday evening, the office bearers were elected for 2019. Congratulations and thanks to:

Chairman: Louis De Cheira
Vice Chairman: Eloise Jennings
Secretary: Sasha North
Treasurer: Nadia Murphy
Board Members: Damon Eastaugh
Matt Polain
Lizzie Pepper
Ex-Officio Members: Fr Ian Johnson
Adrian Torrese
Des Wilkie

As mentioned previously, we have once again been able to elect a very talented and committed group of leaders to ensure the continued development of our school. I would also like to thank Eloise for her four years as Board Chairman and her continued service this year as Vice Chairman.

Principal Long Service Leave

As previously mentioned in the newsletter I am taking the next four week's Long Service Leave to visit my eldest son and his family in Victoria. Thanks to Mr Torrese for accepting the role of Acting Principal and to Mrs Meyer and Mrs Birch for their extra work to support him over the next month. I look forward to returning at the start of term two.

The Uniform Shop is In Transition

Uniforms will be able to be purchased on-line soon. Once we have confirmation from Perm a Pleat, we will notify parents when they can put online orders in through the website. In the meantime, the uniform shop is now open on **Thursdays from 8.30am – 9.00am**. However, we now carry minimal stock, so it would be appreciated if only urgent purchases are made next week.

Once the online system is in place, uniforms will be delivered either to the school for free or to your home address for a \$10 delivery fee. Should you chose to have your uniform delivered to the school. You will be able to collect it from the uniform shop, which will now on **Thursdays from 8.30am – 9.00am**. Should you not be able to collect them at that time, they will be forwarded to your child's class so that/he or she can bring it home at the end of the day.

There will be a small number of uniform items held in the uniform shop for fitting purposes.

Scholastic Book Club Organiser Needed

We would like to thank Cath Dwyer for her valuable help in coordinating the Scholastic Book Club. She can no longer continue this role, however, due to other commitments. If you would like to contribute to this role, please contact Fran in the office on 9781 3200 or email frances.marrell@cewa.edu.au.



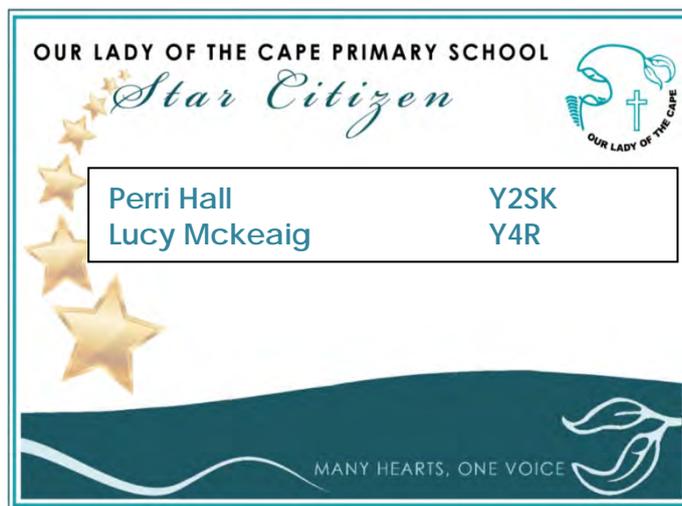
A very warm welcome to Max Criss, along with his parents Andrea and Matthew. Max commenced in Kindy this week.

Kind Regards,
Des Wilkie, Principal

MERIT AWARD WINNERS

Congratulations to the following students for receiving a Merit Certificate

Flynn Butterly	-	(PPL)
Oscar Blackburn	-	Orange Room (Y1P)
Evelyn Reilly	-	Blue Room (Y2K)
Sofia Columbo-Smart	-	Blue Room (Y2S)
Joel Peterson	-	Red Room (3MC)
Jordy Buxcey	-	Red Room (3MU)
Lolah Day	-	Yellow Room (4D)
Jaz Currie	-	Yellow Room (4R)
Isaac Kempton	-	Purple Room (Y5)
Tao Brice	-	Silver Room (Y6)





Our Learning

Swimming 2019

Week 7 Schedule:

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. Bathing 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

PROJECT COMPASSION

Project Compassion

This year's Project Compassion showcases the many ways we work around the world with our local partners to offer hope to people most vulnerable to extreme poverty and injustice.



As Pope Francis said, "The future does have a name... and its name is hope."

Through your generosity during Project Compassion this year, you are empowering communities with hope and helping those in great need to shape a better future for themselves, their families and their communities.

Lives change when we all give 100%.

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 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. Thank you!

SACRAMENT OF RECONCILIATION

Please pray for our Year 3 students and their teachers as they work toward preparing to receive the sacrament of Reconciliation in Week 8. Families are invited to attend the Sacrament on Wednesday the 27th of March to show support for the faith development of our young people.

TEACHERS, BOARD & P&F COMMISSIONING MASS

This 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: Eva Patterson

NATURALISTE: Beau Williamson

GEOGRAPHE: Ryley Cass

LEEUWIN: Finn Dodd

MAMA CC (The Mother Cape Crusader): Isla Byrne

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 weeks 9 will win free dress for Friday of Week 10. Keep those tokens coming!!

LEEUWIN	MEELUP	NATURALISTE	GEOGRAPHE
269	223	278	251

THANK YOU



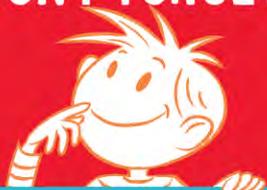
Fr. Ian put out the call for any donations of time and materials for the building of the new Columbarium at **Our Lady of the Southern Cross**. A very big thank you to Kylie and Ray Pes, with Ray volunteering to provide the labour for the brickwork required for the job. We sincerely appreciate your generosity Ray and Kylie! Thank you!

God Bless Everyone! Have a great weekend!

Mrs. Amie Meyer

OLC RE Coordinator

DON'T FORGET!



SCHOLASTIC

Book Club

orders are due:

Friday 29

SCHOLASTIC

Book Club LOOP for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



The **EASIEST** way for parents to order and pay for **Book Club!**

Linked Online Ordering & Payment platform

It's easy to order and pay online for your child's **Book Club** order using your credit card.
Your order will electronically be linked to your school when you order and pay by **LOOP**.

Also available as an app:



Our school is looking for a new **Book Club** Organiser.



Help us raise readers in our community!
Running **Book Club** keeps the reading momentum rolling all year long by providing children and families with regular access to age-appropriate and affordable books.

Our school benefits too! Every **Book Club** order earns **Scholastic Rewards**, which help us purchase additional learning and literacy resources.

Keen to make a difference? Contact Fran in the office.

News from the P&F



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

- **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:

Kindy Red

- Juanita Fogarty
- Kristy Chapman

Kindy Blue

- Michael Drmota
- Shane Treptow

P1B

- Kaya Jecks
- Elisha Manuel

1P

- Heather Starr
- Emma Morris

2K

- Bronwen Middleton
- Bianca Todd

2S

- Janelle Thompson
- Amelia Hart

3MC

- Misty Hearn
- Kin Pitman
- Toni Soares Carneiro

3MU

- Amanda Prestipino
- Kim Archer

4R

- Chana Higgins
- Fiona Chandler

4D

- Mandy Bate
- Kristie Chapman

Y5

- Elli Jennings
- Rohan Hayhow

Y6

- Shannon Jordan
- Caroline Rolfe

Community News

TIPS FROM YOUR COMMUNITY HEALTH NURSE



Triple P – Positive Parenting Program

There are many ways to be a good parent. Managing children's behaviour can be challenging at times, however it is an essential part of good parenting. The Triple P program may help you raise happy and confident children, through small changes and simple routines.

Triple P programs offered include:

- Seminar Series - a series of three 90-minute talks on:
 - children's behaviour - the tough part of parenting
 - raising confident children
 - raising emotionally resilient children
- Discussion Group – small, 2-hour groups on common behaviours such as misbehaving, fighting and aggression and hassle-free shopping with children.
- Group Triple P – an eight week course including five 2-hour sessions and three weeks of telephone support.

All programs are free to parents or carers with 3-8 year olds. To find out more, or to register in a program near you visit www.healthywa.wa.gov.au/Triple_P or phone 1300 550 879.

Tutoring

I am currently offering a mobile tutoring service for Primary students in the south west. I cover mainly maths and english, however cater for all learning areas. My Facebook page link is below.

https://www.facebook.com/Kyle-Lockyer-South-West-Tutoring-258296925053104/?modal=admin_todo_tour--

Kyle Lockyer

Masters of Education (Primary) Student

Bachelor of Outdoor Recreation Graduate, University of Notre Dame, Fremantle



REGISTRATIONS for the 2019 Season CLOSING SOON

MUSTER DAYS have been scheduled for Wednesday 10th April and Wednesday 1st May 2019 from 3.30pm to 5pm, Dunsborough Playing Fields.

Apparel will be available at both these dates.

Boys & Girls from 5 to 17 years are welcome with the season running Terms 2 & 3.

NOTE:

Registrations to be completed online at

<https://registration.playfootball.com.au/common/pages/reg/welcomeregplus.aspx?entityid=31630&id=80672>

Enquiries to dunsboroughjuniorsoccerclub@gmail.com | www.dunsboroughjsc.com

LET'S GET KIDS PLAYING SPORT

TA6483599



Kids health program



Government of Western Australia
WA Country Health Service

REGISTRATIONS NOW OPEN FOR TERM 2, 2019

TEAM Kids Online Program



**FREE & FUN
10 WEEK
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

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



@thinkeatandmoveprogram



Think, Eat & Move