



Many Hearts, One Voice
31 May 2019



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 3 June

- Public Holiday

Tue 4 June

- Pupil Free Day
- Catholic Day

Wed 5 June

- Buddy Mass Y1 & Y6
- Basketball Clinics

Fri 7 June

- Little Seedlings 9.45am
- Busselton Jetty incursion Y2 – Y3
- Y4 Ngilgi Cave Tour 11.30am

Mon 10 June

- Principal visit – Eugene Lee
- P&F Mtg 9am

Thurs 13 Jun

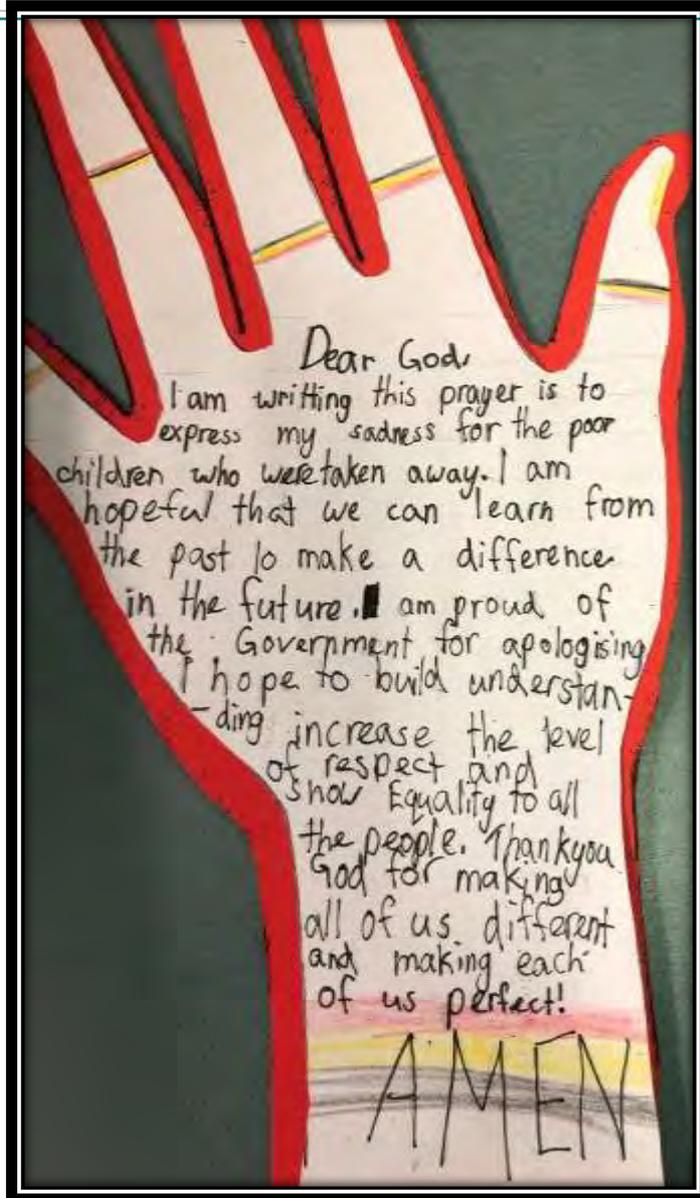
- Winter Sports – Y5/Y6

Fri 14 June

- Prayer Assembly Y4R
- Little Seedlings 9.45am
- Information Session 1.45pm

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.



Dear Parents and Members of the Community,
OLC Information Session

As mentioned in the newsletter last week, we are offering an information session for families considering OLC as a school for their children. The presentation is happening on Friday 14th June at 1.45pm. The presentation will be followed by an afternoon tea and an opportunity for interested families to have a tour of the school with one of the Leadership Team members.

Our Lady of the Cape Catholic Primary School
PO Box 562, 245 Cape Naturaliste Rd, Dunsborough WA 6281 Tel: 08 9781 3200
Web: www.ladyofcape.wa.edu.au Email: admin@ladyofcape.wa.edu.au
Newsletter: newsletter@ladyofcape.wa.edu.au
Staff firstname.secondname@cewa.edu.au

At this information session, those attending will hear brief presentations from the members of our Leadership team outlining the quality learning programs and pastoral care innovations offered in our school. We will also introduce our new Strategic Plan for the next three years. Following the presentation we will conduct a question and answer session.

Our target audience is any new families who may be considering our school as their school of choice. However, our existing families and community members would also find the sessions very informative. What would be ideal is if our school families could "bring a friend" to hear about and tour our excellent school.

I am attaching a copy of the advertisement we are placing in the newspaper next week. Please use this to promote this event widely.

Why Choose OLC

As mentioned previously, recommendations from our existing families is the best promotion of our school. In order to assist families with this, I am publishing the "Why Chose OLC" statement from our website. Although this is only a snapshot of what we offer, it will serve as a starting point for the promotion of our school.

Why Choose OLC for Your Child and Your Family?

1. OLC offers a safe, happy and inviting environment for learning. We recognise parents as the first educators of their children and our aim is to make the transition from home to school an easy one for both the student and their family.
2. Our Early Childhood teachers plan balanced programmes that allow for intentional and purposeful play-based activities that integrate researched and effective early literacy and numeracy experiences. We have a strong focus on developing learning competencies that promote lifelong learning skills.
3. Effective, evidence-based teaching and learning approaches that includes a balanced and child-centred focus.
4. Specialist teachers and learning areas that include Performing Arts, Music, Sport, Digital Technology and Indonesian.
5. Differentiated and personalised learning programs that include support and extension programs with specialised teachers.
6. A warm and inclusive faith community that fosters a sense of belonging through many hearts working together as one voice.
7. A values-centred approach towards positive psychology and student well-being that includes friendship and social-emotional programs from Kindergarten to Year 6.
8. Engaging, flexible and contemporary learning and play spaces that allow for collaboration, creativity and independence.

National Sorry Day Prayer Service



Today we were led by our Year 5 and 6s in celebrating the apology by former Prime Minister, Mr Kevin Rudd, to the Stolen Generations. Through a well-planned and rehearsed prayer service, our school leaders reverently and respectfully informed and moved us.

Assisted by the in-class activities that have occurred in each grade this week, all OLC students were engaged and participating so meaningfully in the service.

Thank you to Mr Danaher and Mr Jones for preparing the students. Also a huge thanks to Mrs. Amie Meyer for creating such an appropriate and relevant prayer service.

Catholic Day – Tuesday 4th June

Just a reminder that the Catholic Day will be next **Tuesday 4th June**, following on from the WA Day public holiday. The students will return to school on Wednesday 5th June.



Kitchen Garden Busy Bee

Thank you to the volunteers who came to help tidy up the vegetable garden. Many hands make light work!

God bless,
Des Wilkie
Principal



OLC INFORMATION SESSION, AFTERNOON TEA & SCHOOL TOURS Friday 14th June

We pride ourselves on being a warm and inclusive community where effective evidence-based learning happens, with a focus on differentiation and a values-centred approach, which includes social and emotional-based programs from Kindy to Year 6.



*Enrolment vacancies available across
the school for 2019/20
Kindy 2020 enrolments happening now*

Prospective parents and all community members are invited to:

- 1.45pm OLC Information Session
Meet the Leadership Team
Hear about Innovations and Achievements
Question and answer session
- 2.15pm Afternoon Tea
- 2.15pm – 3.00pm School Tours available
(A crèche will be provided)

*RSVP to the school office on 9781 3200
or admin@ladyofcape.wa.edu.au*

MANY HEARTS, ONE VOICE

OUR LADY OF THE CAPE PRIMARY SCHOOL

Star Citizen



James Dwyer	PPL
Islay Byrne	P1B
Will Hodges	Y1P
Oscar Todd	Y2K
Alexis Giglia	Y2S
Misheel Erdenbulgan	Y3Mc
Mila Devereux	Y3Mu
Prada Piaggi	Y4D
Imogen King	Y4R
Taylah Halloran	Y5D
Peter Rock	Y6J



MANY HEARTS, ONE VOICE



LEARNING CULTURE

Kindy Speech Screening

This week our Kindy students have undergone their annual speech and language screening. The program, run by Therapy Focus, is in its 4th year at OLC and has been an integral part of our Early Childhood assessment and individual care.

The evaluation of their general language ability includes:

- Sentence Structure (understanding spoken sentences)
- Word Structure (using correct grammar)
- Expressive Vocabulary (labelling pictures)
- Basic Concepts (understanding concepts)
- Word Classes (Receptive) (identifying relationships between words)

Speech is assessed using an articulation screener and informally throughout the profile. The child's speech is analysed to determine whether any errors they are making are appropriate for their age and whether these errors make the child difficult to understand.

Great thanks to Katie Horrocks (Kindy teacher) and Julie Birch (OLC Early Childhood Coordinator) who will be receiving and actioning all the feedback we receive on each of our wonderful OLC Kindy stars.

Report Time

Our OLC teachers have commenced the process in developing Semester Reports for their students. This is always an enormous task especially considering the high standards our teachers strive for and the dedication they apply.

Each year we aim to produce reports that are informative, personalised and concise.

These reports, coupled with the Parent-Teacher interviews in Term 1, make up our formal reporting for Semester 1. However if you have other questions or concerns about your child's learning or social disposition, please feel welcome to contact their classroom teacher.

URStrong - The Language of Friendship – Wednesday June 26th 2019

Places are filling quickly for this parent-child workshop presented by Dana Kerford Founder of URSTRONG and Friendship Expert.

"Internationally-recognized friendship program that empowers children with the skills, language, and self-confidence to be better friends and develop healthier relationships."

See more details further in this newsletter and don't miss out on this terrific opportunity.

Adrian Torrese
Assistant Principal

Early Childhood Corner

Week 5 Term Two, 2019.

Term Two has seen some amazing work and play being completed by our Early Childhood Students and their super teachers.

All of our classes have been studying Biological Science this term with a focus on insects. The pre-primary and year one classes have resident stick insects, snails and mealy worms.

This week we were lucky enough to have Mr Phil Moore from Perth come to visit us with his amazing array of insects. We affectionately called him "The Insect Man" and wow was he a fountain of information. Phil is a semi-retired teacher and a grandfather and he certainly knew how to keep our little people engaged in their learning. He entertained them with action filled stories about insect life cycles and interesting facts about the anatomy and habits of insects.

Phil brought a great selection of insects for the children to observe. He had giant leafy stick insects and a goliath stick insect that was bigger than a man's hand. He also had katydids, mealy worms, daddy long legs spiders, cockroaches (to feed the daddy long legs), tadpoles, ladybirds, snails and grasshoppers.

Of great interest was a table that Phil set up with insect shells (exo skeletons), dead beetles, cocoons of all kinds and insect eggs attached to leaves and sticks. Phil put magnifying glasses out for the children to examine these items.

Phil commented on the fabulous behaviour of all the children and it has been wonderful to see the children apply their learning to their visual arts, play and writing after the incursion. They are certainly a lucky bunch to have had this very special experience.





This week Our Lady of the Cape Primary were visited by Nathan Douch of the South West Football Association for a two week clinic of Football skills, drills and many fun games. Even the Kindy children got involved.

All activities equally involved both boys and girls creating maximum participation. We all had a great time.

Mrs Sinclair
Sport Teacher



URSTRONG

THE LANGUAGE OF FRIENDSHIP

Internationally-recognized friendship program that empowers children with the skills, language, and self-confidence to be better friends and develop healthier relationships.

Through interactive parent and child activities, parents will learn strategies to help their child put out Friendship Fires®, how to put a voice to their feelings, and the best ways to support their child through unhealthy friendships.

Wednesday, June 26th, 2019

LANGUAGE OF FRIENDSHIP

Students in Year 1 to 6 plus parents

Tickets are \$27.50 per person

5:30 pm to 7:00 pm

[REGISTER HERE](#)

Location

Our Lady of the Cape Primary School
245 Cape Naturaliste Road, Dunsborough, WA

Registration Required!

Tickets to the workshops include a handout and an opportunity to ask questions one-on-one.

To register please visit:

www.urstrong.com/events

To learn more about URSTRONG programs please visit
www.urstrong.com or email info@urstrong.com.



Dana Kerford

Founder of URSTRONG and Friendship Expert

OLC Parents:

Use the coupon code **OLC** to receive a discount of \$15 per ticket!!



Empower kids!

Good Bye and Good Luck!



Our Lady of the Cape Primary School warmly invites you to celebrate the retirement and farewell of our school Principal

Mr. Des Wilkie

On Friday, June 28, 2019

1.30 p.m. Prayer Service, followed by afternoon tea.

Our Lady of the Cape Primary School Hall:

245 Cape Naturaliste Road, Dunsborough.

Additional parking on Sloan Drive & the school oval.

Please RSVP for catering purposes by June 21st to:

Amie Meyer 97 813 200 or

amie.meyer@cewa.edu.au

OUR LADY OF THE CAPE PRIMARY SCHOOL
&
OUR LADY OF THE SOUTHERN CROSS PARISH
WARMLY INVITE YOU
TO CELEBRATE A COMBINED RETIREMENT MASS FOR

Fr Ian Johnson
&
Des Wilkie

TUESDAY, JULY 2, 2019
1.30 P.M. MASS
FOLLOWED BY AFTERNOON TEA.

OUR LADY OF THE CAPE PRIMARY SCHOOL HALL
245 CAPE NATURALISTE ROAD, DUNSBOROUGH

ADDITIONAL PARKING ON SLOAN DRIVE & THE SCHOOL OVAL
PLEASE RSVP FOR CATERING PURPOSES BY JUNE 25TH TO:

AMIE MEYER 97 813 200
OR
AMIE.MEYER@CEWA.EDU.AU

Uniform Shop Sale

Tracksuit Pants: \$25 Tights \$4 Hats \$40 Jackets \$40 Cotton Shorts: \$3

Second hand items can be purchased any time – please call in at the office for the key.

A Reminder that items purchased online (via the website) need to be ordered by Sunday for delivery the following week. These usually arrive Tuesday afternoon. You can call in to the office to collect, or they will be available from the Uniform Shop on Thursday.

Exchanges can be sent back to Permapleat – please see the website for more information.



News from the P&F

Don't forget to get your morning coffee on a Friday from the P&F (in the canteen) and support our hardworking P&F. Thank you Misty and helpers!

Community News

TIPS FROM YOUR CHILD HEALTH NURSE

Staying Healthy - Nutrition

Good nutrition is especially important for all children with special needs, including children with chewing and swallowing difficulties.

What is Good Nutrition?

- Having a balanced healthy diet, rich in all the food groups. Having enough calories or energy for normal growth and development.
- Having enough fibre
- Having enough fluids

Effects of Poor Nutrition and Overweight/ Obesity

- 69% of people with a profound/ severe disability are overweight or obese
- Having poor nutrition and/ or being overweight or obese means an increased risk of developing chronic diseases including diabetes, heart disease, sleep apnoea and some cancers.
- 23% have diabetes or a high sugar level before the age of 25
- These conditions lead to decreased life expectancy, increased hospitalisation, reduced mobility and generally poor quality of life.

Why are people with disabilities more likely to be overweight or obese?

- Lower energy or calorie needs
- Difficulty participating in physical activity
- Medication effects
- Being given serving sizes that are too large for their energy needs
- Eating takeaway food, fizzy drinks, cordial, fruit juice and high energy treats
- Not enough fruit, vegetables, wholegrain bread and cereals, low fat dairy or water.

If you require any information on healthy food ideas contact your Community Health Nurse (Insert Name & Telephone Number).

For good sources of information, go to: <http://www.eatwellbeactive.org.au/resources>
or http://raisingchildren.net.au/nutrition_fitness/school_age_nutrition.html

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