On your Confirmation

Confirmation is a time to remember the promises of God. He has said He will always be there to guide us in every circumstance and to renew our faith when we are discouraged. He offers us strength to overcome temptation and difficulties. Most of all, he has promised that He will always love us.

Dear Parents, Students and Community Members,

Congratulations and every blessing on our young people who had the Sacrament of Confirmation conferred upon them on Sunday. It was a beautiful Mass which was greatly enhanced by the participation of the prayer buddies as cantors for the Responsorial Psalm.

Fr Tony asked me to pass on his thanks to all who helped prepare the young people so well, especially Mrs Delane, Mrs Meyer and the parents. He was especially impressed with the way the candidates were able to answer questions so thoughtfully, indicating they were ready to receive and draw upon the Gifts of the Holy Spirit.

It was also really pleasing to have students keen to be a part of the choir under the leadership of Mrs Horrocks, with support from Mr Torrese. The beautiful music and singing at our Masses enhances the active engagement of all in the Mass. It would be lovely if we had even more volunteers for our next Sacramental Mass, which is First Communion on Sunday 30th October.
Our Lady of the Cape Feast Day
We celebrate our school feast day on the Feast of the Assumption. As the feast day falls on a Sunday this year, we are celebrating the day tomorrow, starting with a Prayer Service at 9.00am to 9.30am. Parents are welcome to join us for this service. We will not be having an assembly and there will be no merit cards this week. The 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 as usual.

At 11.45am 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 nine multi-aged groups and they will participate in a rotation of activities that are a mixture of fun indoor and outdoor games and activities.

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.

Progress for Fr Ian
Fr Ian is now home from hospital and is progressing well. He is not well enough yet to participate in our Feast Day or to celebrate the Feast of the Assumption Mass. He asked me to thank everyone for their prayers and support. He also sends his congratulations and blessings to the Confirmation group and their parents. He was really disappointed that he couldn’t be with us on Sunday. Please keep him in your prayers for a speedy recovery.

Cross Country Results
On Thursday 28th July, the OLC Interschool Cross Country Team (Years 3 – 6) competed against eight other schools in this annual event which is held at Bunbury Cathedral Grammar. All the students participated extremely well showing enthusiasm and sportsmanship. A quarter of our school placed in top ten, five earned a second or third and two achieved a first place. Each race had more than 60 runners so it was quite an achievement to get a place. OLC was one of the smallest schools in the competition.

Congratulations to the students above who received a place in the top 10.
Kai Barnard (4th), Louis Sinclair (8th), Evie Campbell (9th)
Leila Campbell (6th), Hannah Vernon (5th), Siena Torrese (2nd), Amelia Pritchard (3rd), Fletcher Brown (1st place), Rhys Antonio (3rd), Orlando Prestipino (4th), Isabella Bidesi (absent from photograph) (1st)
Enrolments for 2017
We continue to have enquiries for enrolments for next year. Many of our classes are now full and I have had to put students on the waiting list. If any families know that they are not going to be here next year, could they please let me know as soon as possible so we can accommodate the families awaiting a position in our school.

Food Garden Busy Bee
There is a report in the community section of our newsletter regarding the recent very successful busy bee. This garden is a very strong example of our engagement with the community, which is often appreciated by prospective families as I show them around. My thanks to Sally Gray and Sherylee Tutt for their leadership and for the five families who helped on a very wet and windy day.

Parent Interviews for Sibling Enrolments for Kindy 2017
Fran will be in contact over the next few days to offer some appointments for existing families for a short interview. This interview will be to share the improvements we are making with the programme and to gather specific information we need to cater for your child.

Pastoral Care Freezer
The work of the Pastoral Care Committee is another example of the wonderful community outreach that is happening at our school. I also share this with prospective families as an example of the exceptional community spirit present in our school. Please see the message in the community section from our hardworking committee.

Welcome Donations
Our Year Four class has already started using the laboratory coats supplied by the P&F in Science. Mr McSevich reports that, in addition to protecting the school uniforms, it has sharpened the focus and engagement of the students in the science learning area. Thanks to Mark and Sue-Ellen Phillips for the donation of the safety glasses to accompany the laboratory coats for science lessons.

We have also had a much appreciated donation from Nicole and Geoff Davies of a set of clocks to use throughout the school to help with teaching time concepts.

Capes Curriculum Conference – Friday 19th August (Pupil Free Day)
On Friday our staff will join with over 200 of our colleagues at the Capes Curriculum Conference being held at Saint Mary Mackillop College. The theme is “Growth Through Teaching and Learning”. It is entirely based on improving teaching and learning in the classrooms. Teachers do a wonderful job within their classrooms and schools, but they seldom have the opportunity to learn from colleagues who are implementing new learning initiatives that really make a difference. This conference will be a unique and much appreciated opportunity for this to happen, along with general networking with staff from other schools.
I encourage parents to go to the website at http://capescurriculumcon.wix.com/home so you can view the whole range of concurrent sessions with some detail on what is being presented. Several of our teachers are presenting at the conference, which is a welcome opportunity for us to showcase the excellent teaching and learning happening in our school. My thanks to:

- Miss Prowse and Mrs Hunt – “Effective Teaching Practices in Junior Primary”.
- Mr Torrese and Mr McSevich – “Flipped Learning”.
- Mrs Meyer – “Using digital Technologies for Formative Assessment”.

Presenting to colleagues is a really daunting task for teachers, so I really do appreciate the time, effort and courage involved in preparing for and sharing the presentations. One of the sessions to be presented at the conference by Elisha Caulfield, from St Mary Mackillop College, is entitled “Creating Calm Classrooms”. We actually have a calm school across the board and have been recommended as a school where calm classrooms can be observed. Elisha will be visiting Mrs Murphy’s Year Two class next week to see a quality calm and effective classroom in order to refine her presentation. It’s great to see our wonderful teachers being recognised outside of our school and community.

**Adjustments to In Car Pick Up**

Our in car pick up system is working really well and it is reducing the congestion in the car parks. On occasions, cars still line up out onto the road, which is a safety concern. So that we can further improve our system could families please:

- Continue using the name cards, as they really help.
- When your car is the front car, please pull forward as far as you can.
- Please do not line up before 3.08pm as this is the earliest that we can get the busses out of the way.
- Consider spreading your collection times between 3.08pm and 3.20pm. If you arrive at 3.15 you will not have to queue for very long at all.

Thanks in anticipation of your help with this.

**OLC Annual Production – “Shrek”**

Our Year Five and Six students will present “Shrek” on Wednesday 14th and Thursday 15th September, from 7pm. Mrs Horrocks assures me that younger children will love this performance, so put the date on your calendars. Please also spread the word in the wider community. Tickets will be available for purchase from the school office from next Monday. Adult $15 / Children $5).

God bless,

Des Wilkie
Principal

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**MERIT AWARD WINNERS**

Congratulations to the following students for receiving a Merit Certificate

<table>
<thead>
<tr>
<th>Students</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lyla Craike &amp; Piper Huxtable</td>
<td>Green Room (PPB)</td>
</tr>
<tr>
<td>Ocea Smart &amp; Aurelia Prestipino</td>
<td>Green Room (PPB)</td>
</tr>
<tr>
<td>Matilda Verhoeff, Austin Marsland, Ebony Edwards &amp; Orlando Prestipino</td>
<td>Orange Room (Y1L)</td>
</tr>
<tr>
<td>Holly Greening, Sophie Summers, Jacob Gray &amp; Sullivan Huxtable</td>
<td>Orange Room (Y1P)</td>
</tr>
<tr>
<td>Allira Giglia, Leo Dollisson, Zahra Love &amp; Angus Carty</td>
<td>Blue Room</td>
</tr>
<tr>
<td>Thomas Summers, Lucas Davies, Zoe Hewson &amp; Leila Campbell</td>
<td>Red Room</td>
</tr>
<tr>
<td>Jonah Lynx-Whiteland, Demi Buxcex, Ella Delane &amp; Thomas Rawling</td>
<td>Yellow Room</td>
</tr>
<tr>
<td>Georgina Gannaway, Skye Gendall, Ruby Demarchi &amp; Donovan Boyes</td>
<td>Purple Room</td>
</tr>
<tr>
<td>Lyndon Pritchard, Jude Bowler-Wright, Lil O’Connor &amp; Eva Davies</td>
<td>Silver Room</td>
</tr>
<tr>
<td>Lyndon Pritchard</td>
<td>Sport</td>
</tr>
<tr>
<td>Toby Delane</td>
<td>Indonesian</td>
</tr>
<tr>
<td>Louis Sinclair</td>
<td>Principal’s Award</td>
</tr>
</tbody>
</table>
Year 5 – A Novel Idea to Learn Spelling
The Year 5 students have been utilising technology to assist them in learning their weekly spelling words.

At the start of each week, Mr. Danaher’s dulcet tones are recorded on the iPad App (Audio Boom). He reads out all spelling words for each of the levelled groups and distributes the audio recordings to the relevant students.

The Year 5 students complete a pre-test at the start of the week with the audio clips, use the clips to practise spelling their words, then complete a Friday test to show their learning progress.

This strategy is now established throughout Years 4-6 and is a significant part of the excellent student progress in spelling across these grades.

Professional Learning Community Meetings
As many of our parents would know, the OLC teaching staff meet fortnightly to plan, evaluate, analyse and reflect on their impact on student learning. Evidence of student learning and the opportunity to moderate progress is becoming part of the PLCM culture. We have two learning clusters in the school but also meet as a whole staff throughout the term. This term the clusters are focusing on:

**Our Kindy to Year 2 teachers** are exploring the National Quality Standards and its implementation into Early Childhood. Within this planning the teachers are developing ways to include parent input into student learning and to make learning intentions more visible to parents. This is an important feature of these standards, honouring parents as a child’s first educator.

**Our Year 3 to 6 teachers** are developing a common approach to our daily Literacy dedicated time. During these fortnightly meetings the teachers are learning other effective strategies and the benefits of a structured and explicit approach toward learning during daily Literacy sessions.

We are looking forward to some productive learning sessions for teachers this term.

Adrian Torrese
Assistant Principal
OLC Catholic Community Corner

YEAR SIX CONFIRMATION

Congratulations to our Year 6 students who received the Gifts of the Holy Spirit in the Sacrament of Confirmation on Sunday. They were supported beautifully on this special occasion by their Prayer Buddies, who participated alongside them during the preparations in the lead up to the Sacramental Mass. Many thanks to Mrs. Delane, Fr. Ian, Fr. Tony & Mrs. Ruth Morley for working hard to prepare the children for the Sacrament.

FATHER IAN

I'm pleased to let you know that Father Ian returned home yesterday from hospital after spending 10 days in hospital with a broken femur. He still has a way to go in his recovery, but has a very positive frame of mind. Please continue to pray for Father Ian to have a speedy recovery.

OLC FEAST DAY

Tomorrow we celebrate our OLC Feast Day and the Assumption of Mary our Mother. The Assumption signals the end of Mary's earthly life and marks her return to heaven to be reunited with Jesus. We will begin the day with a Prayer Service in the hall at 9.00am. Students will participate in "Mission Markets" to raise money for the Missions after recess, followed by rotational games after lunch. We look forward to celebrating Mary and our wonderful school.

God Bless and have a great week.
Mrs Amie Meyer, OLC Religious Education Coordinator.

Mini Olympics – Tues 16 August

Next Tuesday I will be holding a “Mini Olympics” during sport sessions throughout the day. We will be holding a variety of ‘Fun Activities’ for the children to be involved in.

If your child would like to, they can come to school dressed in “Colours of a Nation” (please ensure that they are attired suitably for sports). This is certainly not designed to put on pressure on you to dress up your child, just a chance for them to be involved in a small way with the amazing activities happening in Rio.

Thank you for your participation, Mandy Sinclair
Mission Markets
Cupcakes for Gluten Intolerant Children:
Thank you to Robyn Cross who has made some dairy free, gluten free, egg free chocolate cupcakes for the mission markets on Friday. So gluten intolerant children don’t have to miss out! She will have the cakes labelled as such.

BLUE ROOM IS IN NEED!!
Any donations of pre-loved toys and books for the Year 2 stall would be greatly appreciated. Please take all contributions to the ECC.

Wildlife Incursion
On Monday the 8th of August the children from Kindy to Year One were lucky to have a visit from West Oz Wildlife.

First we met Juda the koala. He sat very patiently in his branch munching on his gum leaves while Beth gave us lots of great information about koalas, their characteristics and their needs. We were sad to hear that they are fast becoming an endangered species and we talked about looking after our Australian Wildlife. We got to touch Juda and he was soft and furry. His claws are strong and sharp so that he can climb trees well.

Next Yappa the Australian Dingo was led into the room. We were a bit nervous at first but we soon discovered that Yappa was a gentle giant. He had a lovely personality and loved the attention of the children.

Dingoes are carnivores. They eat small animals that live in the bush and get into trouble for visiting farms and chasing the chooks and sheep. Dingoes are afraid of human beings. Did you know that Dingoes can be white, black or tan?

Beth then went to a plastic box that was at the front of the room. From it she pulled out a cloth bag. We were wondering what she was up to. Then she pulled a snake out of the bag! We were very nervous now! However, the snakes were not venomous and as snakes are cold blooded reptiles and it was a cold day they were very sluggish and weren’t keen to move at all.

Did you know that snakes can unhook their jaws and eat things much bigger than their mouth is? Luckily they their favourite food is mice and rats. A snake only eats once a week as it takes that long to digest one mouse. The Blue tongue lizard was a friendly fellow and felt dry, scaly and cold to touch.
Food Garden
In commemoration of National Tree Day, during our "very" wintery garden clean up on Sunday July 31st, we planted a Nectarine tree in the kitchen garden which will hopefully produce some fruit this year and continue to do so for many years to come for the enjoyment of all of our children.

We had a wonderful group turn up on a cold and windy morning to do get the winter garden chores done and it's really true, many hands make light work so check out how wonderful it looks when you get the chance. The garden has been lovingly created and tended to educate, inspire and feed our kids so community support is very welcomed. We will have a wonderful bounty to enjoy in around 6 weeks which means some in class real and fresh food fun!

Many thanks goes to Alisa, Amanda, Sherylee, Michelle, Deborah, Nadia, Sally, Michael and Michael for the amazing effort! Even the sandpit got a manicure!
Pastoral Care
No doubt many of you are aware of the pastoral care freezer and its role in the school but as a friendly reminder, and for all new parents and others who may not know, please read the following:

1. The purpose of the pastoral care freezer is to store food prepared by members of the school community, for members of the school community who may be facing some tough times or who need a bit of a helping hand. There are no hard/fast rules as to who can access the freezer so if you need, or know someone who could use, a helping hand for whatever reason, then please feel free to use this service.

2. Access to the freezer and any enquiries, either for yourself or on behalf of another, are totally confidential. If you know someone could use a hand but is reluctant to use the freezer then you may like to talk with your class rep or us directly about what we can do to help out with food or other general support - there is absolutely no need for any names to be mentioned.

3. The freezer is located in the wet area of years 4, 5 & 6 - the block directly across from the school hall. The freezer is clearly marked in the wet area, please be aware there is another freezer in this area that is for the Year 4,5,6’s not the Pastoral Care. We have also introduced a Dry Food Donation Box, which is located on top of the Freezer.

4. We rely on the food being donated by OLC parents throughout the year, and so we are not inundated with Pastoral Care foods at a particular time, we have decided to request assistance in different Year Groups throughout the Year depending on the levels of the freezer. Food items such as family cooked meals, muffins, scones etc are all welcome. We have also introduced a Dry Food Box for those that wish to donate but don’t have time to cook. (This is very helpful for people suffering food allergies to prevent cross contamination). You may like to donate items such as a taco kit, pasta sauce, dry pasta, tinned goods etc. Pastoral Care cooking and donations are by no means compulsory and any assistance if you are able to is greatly appreciated. Another way to help out a class member may be for a group of parents to get together and have a ‘cook-up’. This could be done at someone’s home or at the school canteen (a time to use the canteen for this purpose would need to be arranged with Fflur or Jordie).

5. Please store food in plastic containers that can be properly sealed, and the ingredients and date needs to be marked clearly so we can make sure the food is current.

Please feel free to contact either of us if you have any further enquiries.

Kindest regards,

Jodie Spencer - 0439 946 139 (Years 1L & Year 4)
Prue Monotti - 0401 945 435 (Year 1L & Year 2)

The Mobile Dental Clinic will be at Dunsborough Primary School until the end of term 4. If you wish to make an appointment please call into the Mobile between 8.30 and 16.00 or contact us at busseltonmobile@dental.health.wa.gov.au.

If you have changed address or mobile phone number since your last visit please update us by email. If your children are regularly seen in private dental practice or you do not require treatment in the Mobile please let us know by email stating your child’s full name and D.O.B. and contact details.

Busselton Mobile DTC | Dental Health Services

Books, Toys and games (in good condition) can be dropped off at the lower green shed first thing every school morning and they will then be stored in there until the fete.
Canteen Roster
Please make note of your scheduled canteen slot. If you are unable to make it for your scheduled session, please organise to swap with someone else on the list. Please call Fflur if you cannot find a replacement on 0409 104 409.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Volunteer 1</th>
<th>Volunteer 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td>Tues 16th Aug</td>
<td>Cheryl Stone</td>
<td>Ruth Antonio</td>
</tr>
<tr>
<td></td>
<td>Thurs 18th Aug</td>
<td>Laura McGinley</td>
<td>Caroline Rolfe</td>
</tr>
<tr>
<td>Week 6</td>
<td>Tues 23rd Aug</td>
<td>Sara Drmota</td>
<td>Nadine Love</td>
</tr>
<tr>
<td></td>
<td>Thurs 25th Aug</td>
<td>Gemma Sorgiovanni</td>
<td>Nikola Hewson</td>
</tr>
<tr>
<td>Week 7</td>
<td>Tues 30th Aug</td>
<td>Sue-Ellen Phillips</td>
<td>Georgie Valmadre</td>
</tr>
<tr>
<td></td>
<td>Thurs 1st Sept</td>
<td>Carolyn Moylan</td>
<td>Shannon Jordan</td>
</tr>
</tbody>
</table>
National Asthma Week 1-7 September:
The theme for National Asthma Week 2016 is Become a Better Breather. National Asthma Week coincides with the beginning of spring and as pollens are a known trigger for asthma, this is an excellent time to ensure your child’s asthma is well controlled. Sections of the Asthma Australia website that can help with asthma management include,

- Take the Asthma Control Test to see if you could make improvements to help your child become a better breather.
- Manage allergies often linked with asthma, including allergic rhinitis (hayfever).
- 90% of people with asthma use their medications incorrectly. Check your child’s technique to see if they are getting full benefit from their medication.

Regular review of your child’s asthma with your GP and pharmacist will help them to become a better breather.

Need help with your child’s asthma? Contact our Asthma Assist line on 1800 ASTHMA (1800 278 462) and talk to one of our friendly Asthma Health Professionals.

Asthma Management in Winter and Spring:
Asthma is one of the most common chronic childhood conditions, affecting 1 in every 10 children in Australia. Emergency admissions and hospitalisations peak during the winter for children with asthma and flare-ups are often more prevalent during the winter and spring. Good management however can help children with asthma and their carers get through this tricky time of year with more confidence.

Here are a few tips for parents and carers:
- make an annual appointment for an asthma review by your child’s doctor
- update your child’s Asthma Plan at the start of each year and provide a copy to the school
- talk to the teacher and other key staff about your child’s asthma – their usual triggers, symptoms and medication
- provide an in-date blue reliever puffer and spacer for use at school (clearly labelled with child’s name and date of birth)
- help your child understand the importance of taking their preventer medication every day, as prescribed
- ask their doctor about having a flu vaccination
- encourage hand washing and covering one’s mouth when coughing to help prevent the spread of germs

School sports and asthma:
Physical activity acts as a major trigger in up to 90% of people with asthma. Exercise Induced Bronchoconstriction (EIB), commonly known as exercise induced asthma, is the temporary narrowing of the lower airways, occurring after vigorous exercise. People with poorly controlled asthma are at a higher risk of EIB due to the sensitive nature of their airways. This may result in episodes of coughing, wheezing, a feeling of chest tightness/discomfort or shortness of breath, often worsening 5-10 minutes after exercise.

To ensure your child can safely participate in sports and exercise at school, the first step is to make sure their asthma is well controlled. If your child is requiring their reliever medication more than twice a week, it is a good idea to see their GP for a review as this may indicate poorly controlled asthma. Also provide the school with an Asthma Plan from the doctor, particularly before a sport carnival or excursion. The plan will include any instructions for EIB (e.g. use of their asthma reliever prior to physical activity). You can help them check that they are using their asthma devices correctly by watching our videos on the Asthma Australia website.

Asthma Kids
Looking for a way to help your child understand more about their asthma or about a friend with asthma? Asthma Kids is an online, interactive tool to help primary school aged children understand what it’s like to have asthma and what they can do to help. Check it out at www.asthmakids.org.au
FESTIVAL of Fun
CELEBRATING 20 YEARS
OUR LADY OF THE CAPE

SUNDAY October 23
10am - 3pm

CUISINE FROM AROUND THE WORLD
MEXICAN • JAPANESE • INDIAN • AUSTRALIAN • GREEK
COFFEE, CAKE & DELIGHTS & SO MUCH MORE

HEADLINE ACT
JUNKADELIC

COMMUNITY LEGO COMPETITION
OVER $1000 IN PRIZES!

REPTILE EXHIBITIONS • SHOW BAGS • SURF SHOP • AUCTIONS
LOLLY BAGS, CAKES & MORE • BOUNCY CASTLES • PONY RIDES
BANDS, BUSKING & DANCE • FRESH LOCAL PRODUCE
FACE PAINTING AND CRAZY HAIR • CRAFT & ACTIVITIES

SUNDAY OCTOBER 23 - 10AM TO 3PM

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