



Many Hearts, One Voice  
24 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

Tue 28 Aug

- Y1/Y2 Jumps

Wed 29 Aug

- Y3 – Y6 Jumps

Thu 30 Aug

- Book Week Dress Up  
Day/Incursion: DC Green

Fri 31 Aug

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

Tue 4 Sep

- Y1/Y2 Throws

Wed 5 Sep

- Y3 – Y6 Throws

Thu 6 Sep

- Reconciliation Parent  
Mtg

Fri 7 Sep

- Faction Athletics Carnival

Sat 8 Sept

- Y3 Reconciliation  
Commitment & Fam  
Mass

Tues 11 Sep – 1pm

- The Jungle Book (Kids)  
Matinee

Weds 12 Sep

- Y4 Excursion

Thurs 13 Sep – 7pm

- The Jungle Book (Kids)

Fri 14 Sep – 7pm

- The Jungle Book (Kids)

For more dates, go to

<http://www.ladyofcape.wa.edu.au/calendar.php>

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

## A Prayer for Hope

Lord, help me to hear you saying, 'I am your hope' over all the other voices. I'm running to you with both hands stretched out and grabbing on to you. Fill me up with hope and give me a tangible reminder today that hope is an unbreakable spiritual lifeline.  
In Jesus' Name, Amen.

Dear Parents, Students and Community Members,

### Year 6 Confirmation

Congratulations to all the Year 6s, Mrs Amie Meyer and Mr Nick Jones on a meaningful and reverent Confirmation ceremony last Saturday night. As a school community, we extend our warmest thanks to Fr Ian and Bishop Gerard. Their presence, wisdom, positivity and heartfelt words were greatly appreciated by all the candidates and their families. Thank you also to Mrs Horrocks and our sensational choir that attended.

### Year 1S Assembly

Congratulations to Mrs Sherborne and Year 1S on a wonderful, clever and entertaining assembly this morning. The students were well prepared and spoke and performed brilliantly. We listened and were engaged as they informed us about their learning of money, primary colours and procedure writing. Many thanks to Mrs Kent and other support staff who assisted Mrs Sherborne.

### School Photo Day

Great thanks to all parents on ensuring that our students were presented so neatly and appropriately for this year's photo day. The students behaved well and cooperated with our MSP photographers and this ensured we had a smooth couple of days. Photo packs should be coming home at the start of next term.

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/>

## **Father's Day Breakfast**

We would love to see as many dads as possible to this year's Father's Day breakfast, hosted by our amazing P&F. The breakfasts have become a tremendous tradition at OLC and over the past few years have been extremely well attended. Breakfast starts at 7:30am, next Friday 31<sup>st</sup> of August.



## **OLC Sport Carnival Change of Day – Friday 7<sup>th</sup> September**

As per our recent email, please note in your calendars that the School Carnival has been moved from Thursday to the Friday 7<sup>th</sup> September.

## **OLC Jumps & Throws**

Below is the timetable for the following two weeks. Children are required to wear **faction coloured** t-shirts on their specified days. A reminder to Year 1 and 2 students that they will need their sports faction uniform on the Tuesday.

### Week 7 Jumps

<b>Tuesday 28 August</b>				
9.40am: Year 1P	10.20am: Year 1S	11.20am: Year 2K & 2T		
<b>Wednesday 29<sup>th</sup> August</b>				
9.40am: Year 6	10.20am: Year 4	11.20am: Year 5	1.30pm: Year 3M	2.20pm: Year 3D

### Week 8 - Throws

<b>Tuesday 4 September</b>				
9.40am: Year 1P	10.20am: Year 1S	11.20am: Year 2K & 2T		
<b>Wednesday 5 September</b>				
9.40am: Year 6	10.20am: Year 4	11.20am: Year 5	1.30pm: Year 3M	2.20pm: Year 3D

God Bless,

Mr Adrian Torrese  
Assistant Principal

## **MERIT AWARD WINNERS**

Congratulations to the following students for receiving a Merit Certificate

<b>Sienna Bidesi &amp; Benjamin Fogarty</b>	-	<b>Green Room (PPB)</b>
<b>Zoe Starr</b>	-	<b>Green Room (PPL)</b>
<b>James Hutton &amp; Elsie Marsland</b>	-	<b>Orange Room (Y1P)</b>
<b>Harry McClenaughan &amp; Marley Thompson</b>	-	<b>Orange Room (Y1S)</b>
<b>Tara Tutt &amp; Finn Lees</b>	-	<b>Red Room (3D)</b>
<b>Cooper Bidesi &amp; Luca York</b>	-	<b>Red Room (3M)</b>
<b>Alicia Lopes &amp; Savannah Van Es</b>	-	<b>Yellow Room</b>
<b>Brody Giglia &amp; Oscar Topham</b>	-	<b>Purple Room</b>
<b>Lochlan Darlington &amp; Mia Martin</b>	-	<b>Silver Room</b>



Proudly Presents

Disney

# The Jungle Book KIDS

TUES 11 SEPT - 1.00PM MATINEE  
THURS 13TH & FRI 14TH SEPT - 7.00PM  
OLC SCHOOL HALL

TICKETS \$15 ADULTS \$5 CHILDREN  
AVAILABLE ONLINE

[WWW.TRYBOOKING.COM/XTLR](http://WWW.TRYBOOKING.COM/XTLR)  
OR FOR MORE INFORMATION CALL THE  
SCHOOL OFFICE ON 9755 3866

Music and Lyrics by Richard M. Sherman, Robert B. Sherman  
and Terry Gilkyson

Book Adapted and Additional Lyrics by Marcy Heisler

Music Adapted and Arranged by Bryan LouiseBe

Based on the novel by Rudyard Kipling and the Disney film

Disney's The Jungle Book KIDS is presented through special arrangement with  
and all authorized materials are supplied by Music Theatre International, 421  
West 54 Street, New York, NY, 10019. Script, music, and all other material ©  
2005, 2016 Disney, Broadway Junior and MTI's Broadway Junior Collection are  
trademarks or registered trademarks of Music Theatre International. All rights  
reserved.



# CATHOLIC COMMUNITY CORNER

## YEAR 6 CONFIRMATION

Congratulations to Mr. Jones and the Year 6 students who celebrated the Sacrament of Confirmation on Saturday evening. There were many compliments regarding the reverent participation of the students and a number of people commented on the beautiful symbolism of the entrance procession in particular. Many thanks to Mr. Jones for bringing new ideas to the celebration and to Fr. Ian and Bishop Gerard for



entertaining these ideas and allowing them to come to fruition. A huge thank you to the 33 students who came along to support the Year 6 class as members of the school choir. Led beautifully by

Mrs. Horrocks they added much joy to the occasion. The Year 6 students and their prayer buddies received their certificates following today's assembly and shared in a celebratory cake to mark the occasion. Many thanks to Emma Buxcey for organising such a beautiful treat for the Year 6's to share.



## PRAYING WITH YOUR CHILD

During the Confirmation homily Bishop Gerard talked to parents about the importance of teaching their children to pray. In praying daily we invite the Holy Spirit into our lives and can receive His gifts. If you are not sure how to lead your child in prayer, this simple template may provide you with some direction.



## MAKING JESUS REAL

Over the past week we have been on the lookout for students demonstrating "Spirit of Jesus" moments. 27 students were nominated for the "Cape Crusader" award this week, and our winners were:

Emilio De Chiera (Naturaliste)

Jackson Gatty (Meelup)

Liam Vernon (Geographe)

James Reilly (Leeuwin)

This week's winner of the Mama Roo Caped Crusader;

"Mama CC" was Isla McLaren

Congratulations on *Making Jesus Real* in our School!

God bless everyone and have a great week.





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!!!

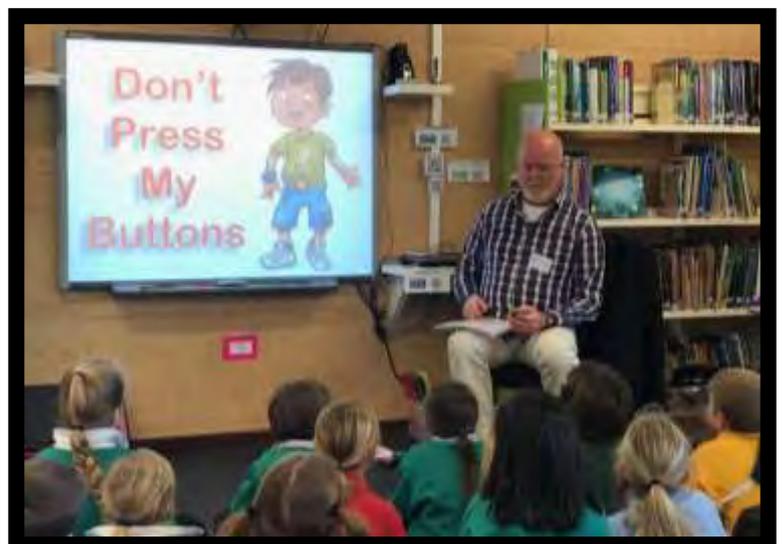
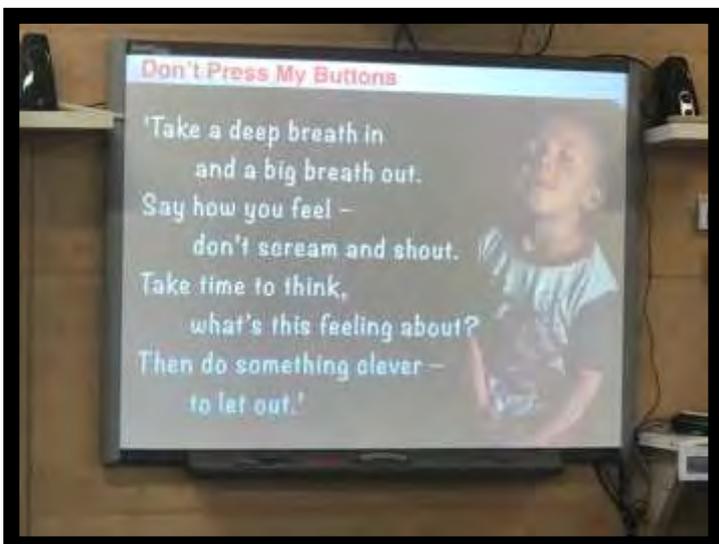
Simply bring in an envelope to the school with money inside and the title(s) of DC's books on the front of the envelope.

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

This week was officially Book Week and we were lucky enough to have local visiting author Steve Heron come to talk to the Year 2 Students about his book "**Don't Press my Buttons**". This delightful tale recognised that sometimes our feelings might result in some behaviours that aren't helpful, but that we all have a "Breathe" button that we can press to regain control. Steve spent an hour with the Year 2 classes and his brilliant story telling, awesome music skills and engaging strategies kept them entertained and left them well informed. We thank Steve for visiting OLC and to Ana Brawls and the City of Busselton Library for organising and funding the event.

Don't forget we are celebrating Book Week next Thursday with our Dress up Day and visiting author! Happy Reading!

Mrs. Amie Meyer  
OLC Religious Education Coordinator  
OLC Library Resource Teacher





### URGENT CALL FOR CANTEEN VOLUNTEERS

Please contact Sara Drmota via [Sara-Jane.Drmota@cewa.edu.au](mailto:Sara-Jane.Drmota@cewa.edu.au) or in person at the Canteen on Tuesday or Thursday mornings.

### LOST PROPERTY

Are you missing your reading glasses? A pair of Kylie Monique reading glasses were left in the wet area behind PP/Year 1 and can be collected from the school office.

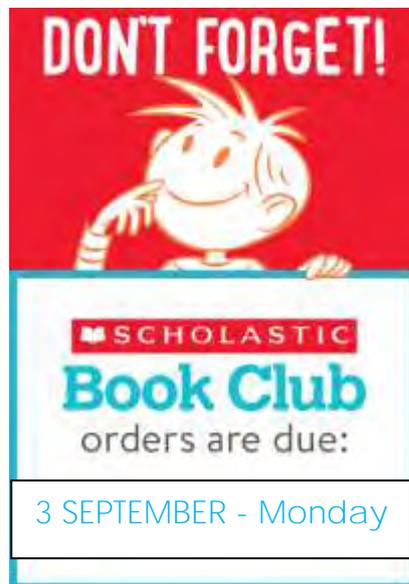
Is your child missing one black shoe? A black Clarks shoe was found outside year 1 and is in the lost property bin

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### *HELP STOCK UP OUR SECOND HAND UNIFORM CABINET*

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We are looking for more second hand donations. If you have some old items (good quality and clean please) that you wish to donate it would be appreciated if you could drop off in the second hand uniform bin next to the cabinet in the under cover area. Thank you!



# Community News

Yallingup Stage Door proudly presents

## THE STINKY CHEESE MAN and other FAIRLY STUPID TALES

A comedy by John Glore

Based on The book by Tom Swartz and Lane Smith  
Music by Tim Morrison

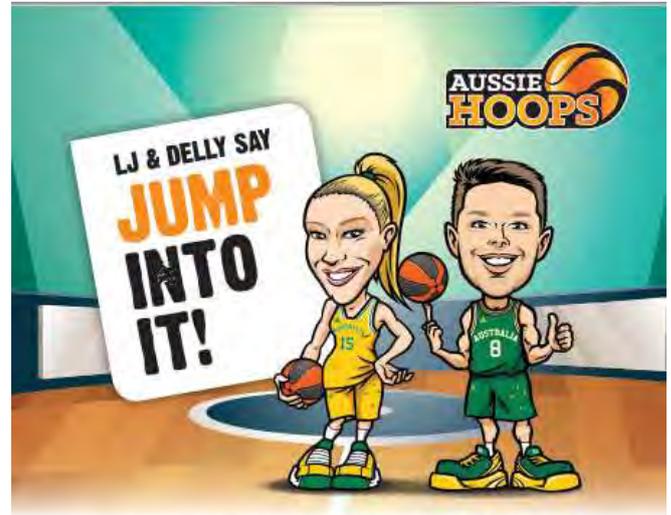
Directed by Courtney Norrish

*Starring*  
ANNALISE BAIRD  
NINA BAIRD  
HENDRIX BEAHAN  
BELLA GABRAL  
KIRRA CHANDLER  
EVIE CLARK  
JESS DILLEY  
ALEX DUNNING  
HANNAH KERR  
ALEISHA MAZZUCHELLI  
JAKE VEITCH

**SATURDAY 1ST SEPT 7.30PM**  
**SUNDAY 2ND SEPT 3PM**  
DOORS OPEN 30 MINS PRIOR TO SHOWTIME  
OLD DUNSBOROUGH HALL, GIFFORD ROAD, OLD DUNSBOROUGH  
TICKETS \$17 ADULTS \$10 CHILDREN/CONCESSION  
FROM [WWW.TRYBOOKING.COM/XMML](http://WWW.TRYBOOKING.COM/XMML)  
OR PHONE COURTNEY 0435 483 401

PRODUCED BY SPECIAL ARRANGEMENT WITH PLAYSRIPTS, INC. ([WWW.PLAYSRIPTS.COM](http://WWW.PLAYSRIPTS.COM))

Some of our very gifted OLC students are performing in the above. Come and see their talent!!



**REGISTER NOW AT [AUSSIEHOOPS.COM.AU](http://AUSSIEHOOPS.COM.AU)**

Term 4 Aussie Hoops - 8 week Program

Busselton Senior High School  
Tuesdays 4pm - 4:45pm  
Commencing 16th October

Cornerstone Christian College Dunsborough  
Wednesdays 3:45pm - 4:30pm  
Commencing 17th October

New Hooper - \$110 per player including player pack  
Returning Hooper - \$90 per player



**Anglicare WA**  
Helping people rise

Topics include:

- Mental health issues/diagnosis
- Mental health & substance use interaction
- De-escalation techniques
- Boundaries - setting boundaries for your safety and health
- Crisis/emergency Management
- Referrals onto local organisations

## Calling Community Champions for Mental Health

Do you have friends, family or colleagues suffering poor mental health or struggling with alcohol and substance use?

Anglicare WA is hosting free Community Champions training workshops helping you to expand your knowledge and awareness of mental health, alcohol and drug use.

This free course is designed for people who don't have a background in this area but who might be confronted with these issues in daily life.

Dunsborough Community Champions

Date: Wednesday 29 August 2018  
Time: 9:30am-2:45pm  
Venue: St George's Community Care Family Centre, Corner Naturaliste Tce & Gibney St, Dunsborough

To register contact **Kristi Treadgold**

E [Kristi.Treadgold@anglicarewa.org.au](mailto:Kristi.Treadgold@anglicarewa.org.au)  
T 9263 2041

Anglicare WA acknowledges WA Primary Health Alliance (WAPHA) for providing funding in its role as the operator of the Country WA PHN.



While the Australian Government Department of Health, via WAPHA, has contributed funding to Community Champions, the information contained in this poster does not necessarily reflect the views of the Australian Government or WAPHA and is not advice that is provided, or information that is endorsed, by the Australian Government or WAPHA. The Australian Government and WAPHA do not accept responsibility or liability for any injury, loss or damage however arising from the use of or reliance on the information provided herein.

# KEEPING OUR KIDS SAFE ONLINE

## 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.

- 1) Hear from the Office of the eSafety Commissioner on empowering young people, parents and carers to manage online issues.
- 2) 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>
		



### SOUTH WEST COUNSELLING INC.

#### Children's Anxiety Group

**What:** Cognitive Behavioural Therapy evidence-based program  
 Developed by psychologists  
 Facilitated by skilled therapists  
 Pre-program assessment  
 10 modules for children  
 6 modules for parents  
 Strategies for children to manage anxiety  
 Strategies for parents to support their child with anxiety  
 Resource material  
 Post-program 'booster' session for children  
 Post-program assessment



**When:** Starts Thursday 20<sup>th</sup> September 2018  
 Children attend for 10 weeks 3.30pm to 4.30pm  
 Parents attend for 6 weeks 5.00pm to 6.00pm

**Where:** The People Place  
 19/21 Kent Street  
 Busselton

**Cost:** \$150 plus \$30 for resources per family  
 Financial subsidies are available on application

**Who:** Children 8 to 12 years old with anxiety and their families.  
 Doctor, paediatrician, child psychologist, social work, health nurse, self-referrals welcome

*Child participants are provided with a copy of Take ACTION Child Handout Workbook, and parents are provided with a copy of the Take ACTION Parent Handout Workbook.*

For enquiries or to register your interest please contact:  
 Kays or Bev by 10<sup>th</sup> September 2018  
 South West Counselling  
 (08)9754 2652 or [admin@swcounselling.org.au](mailto:admin@swcounselling.org.au)



Crèche facilities are available from 4.30-6pm  
 Includes light refreshments and games

