Glory be to the Father,
Who by His almighty power and love created me,
making me in the image and likeness of God.

Glory be to the Son,
Who by His Precious Blood delivered me from hell,
and opened for me the gates of heaven.

Glory be to the Holy Spirit,
Who has sanctified me in the sacrament of Baptism,
and continues to sanctify me
by the graces I receive daily from His bounty.

Glory be to the Three adorable Persons of the Holy Trinity,
now and forever.

Amen.

Dear Parents and Staff

This weekend we celebrate the Solemnity of the Most Holy Trinity. As Christians, the first prayer that we are taught is the Sign of the Cross. The cross implies that this prayer is about Jesus, and it is. But it is also a constant reminder of the mystery of the Trinity; three Persons in one God. We cannot mention Father, Son or Holy Spirit without embracing all three as one. It can all be quite difficult to comprehend, but I quite like the image of the three leafed clover. While each leaf appears separate from the others the whole cannot be without all three and so it is with God. We each have our own perception of the Father, the Son and the Holy Spirit but they are elements of the same loving God who only wants good for us.

WALK TO SCHOOL
It was encouraging to see the many children, parents and staff who took up the challenge to walk, cycle or skate to school. I parked my car at Belmont Forum and enjoyed a very pleasant walk, dropping in to see the children at cross country training along the way.

Thank you to the PRC for arranging this event and to the City of Belmont for providing fruit and stickers for those who participated.
**WEEKLY EVENTS**

**FRIDAY 20 MAY**

- **Assembly Yr 1P**
- **Eagles Cup** *(St Munchin’s Catholic School (away game)*
- **Disco**
  - Kindy-Pre Primary: 3.45pm-4.30pm
  - Year 1-3: 4.45pm-6.15pm
  - Year 4-6: 6.30pm-8.00pm

*Kindy to Year 3 Parent/Guardian must remain on the school grounds for the entire hour of their disco.*

*Yr 4-6 children can be dropped off and picked up by parents from the multi purpose hall.*

**MONDAY 23 MAY**

- **Shock-proof Incursion**

**WEDNESDAY 24 MAY**

- **Year 3-6 Mass**
  - led by Yr 3
  - 8.45am

**FRIDAY 27 MAY**

- **MERIT**
  - Eagles Cup *(Notre Dame vs St Emilie’s)*
  - home game

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**DISCO**

I’m looking forward to seeing all of the children at the Disco tomorrow night. There will be games, healthy snacks, prizes and a great DJ to keep everyone entertained. A few points to remember:

- Kindy to Pre Primary 3.45pm to 4.30pm
- Years One to Three 4.45pm to 6.15pm
- Years Four to Six 6.30pm to 8.00pm
- Entry will be via the Church carpark only.
- For the Kindy to Year Three sessions a parent must remain on the school grounds (tea and coffee will be provided).
- For the safety of children in Years Four to Six parents must drop and pick them up from the School Hall.
- Children are to remain in the School Hall and not go to any other areas of the school grounds other than the toilets, which will be supervised.

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**WELCOME**

I am very pleased to announce that Miss Alessia Irdi will be joining our staff to oversee our Special Education programme. Alessia is a highly qualified Special Needs Teacher who will work with children on Mondays and also upskill our staff who work in the Special Needs area. I’m sure you join with me in welcoming Alessia and wishing her every success at Notre Dame.

**THANK YOU**

Last week I was very happy to receive the donation of a reticulation controller from the Sekulla family which will ensure that the class vegetable areas behind the Library will be well watered throughout the year, especially over the holiday breaks. Thank you Dianna and George for this very generous donation.

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Darryl Winsor

Principal

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**2016 Eagles Cup**

**Friday 20 May**

**Notre Dame vs St Munchin's** *(away game)*

1 Isdell Place, Gosnells

1.15pm–2.15pm
YEAR 6

Our fabulous Year Sixes have had a busy start to Term Two and have been working very hard in the classroom. With events such as the Eagles Cup, an excursion to Kings Park and Parliament House and the Lightning Carnival at the end of term, the students are looking forward to continuing their experience as leaders of the school.

In Term One, the Year Sixes had to create an electrical circuit for their science project. Last week, they were able to show off their fantastic displays to the rest of the school. The students loved the opportunity to share their wonderful work with other years and it was great to see so many amazing projects. Our learning focus in numeracy has been decimal numbers and area. Every Friday the students have been working on problem solving strategies which will further their development in numeracy. In literacy, we have produced poems on War and Peace in commemoration of Anzac Day. The students were instructed to use similes and metaphors to create two verses on War and two verses on Peace. The Year Sixes have also been learning about the three levels of Government in Civics and Citizenship as part of the preparation for their excursion to Parliament House later this term.

The Year Sixes participated in their first Eagle’s Cup game last Friday against Sacred Heart. Unfortunately, none of the results went our way even though each game was well fought. I’m sure in the coming weeks we will improve and hopefully get a few wins on the board.
WAR AND PEACE POEM

I was underpowered and unprepared. It was the end of the world.
It was terrible to look at the blood and dead bodies of my friends.
I wondered if I would stay alive. It's like I know I will not live.
The sound of pain sounded like my loved ones screaming for help.

My friend died. I fired at the Marines, but they shot back. I fell.
Bullets were swarming like bees above my head. The guns sounded as loud as mad dogs.
These people have no mercy. They are the worst enemies anyone could have.
It was the end. Something bad hit me. It was as painful as the sharpest needle.

We have allies. We are united. We disagree to no more war.
All fighting stopped. I was as happy as gold. Everyone was peaceful. It was like heaven.

A feeling of peace passed through me that was as warming as love.
We could finally rest in our couches.
We can live together.
We honour those who brought this gift of peace to us.

By: Omar in 6P

Mrs Boyle and Mr Seers

SPORTS NEWS

RUNNING CLUB (TOMATO LAKE - WEEK 5)
Students involved in running club will have two sessions at Tomato Lake (Tuesday 24/05 & Thursday 26/05) week in preparation for the upcoming cross country carnival held at Tomato lake in week 6. Parents will be required to pick their child up after the session is complete. The times for week 5 sessions have been slightly altered. Training will commence at 7.10am and finish at 7.45am. If you have any queries about the sessions please see Mr Webb.

EAGLES CUP RESULTS - 13 May

AFL
Notre Dame 15 def by Sacred Heart 48

Soccer
Notre Dame 0 def by Sacred Heart 8

Netball A
Notre Dame 4 def by Sacred Heart 11

Netball B
Notre Dame 7 def by Sacred Heart 11

Our next game will be held at St Munchin’s Catholic Primary school from 1.15pm - 2.15pm. The Soccer fixture will be held at Sutherlands Park.

Brett Webb - Physical Education and Yr 4 Teacher
I have a couple of VERY BIG THANK YOUS this week.

Firstly to my husband Steve who worked with me on Friday 13 & Monday 16 (giving up his off days) when I couldn't find replacement volunteers.

Secondly to Orla who was coming in for an hour & a half on 3Ms roster day and stayed until 1pm on Friday 13, as well as Danielle & Amanda who came on Friday morning before their commitments.

Thirdly to Luan & Dorina who ran the canteen for me on Wednesday 18 when I was absent due to illness as well as Danielle who popped into to place an order and stayed to lend a hand, to the new ladies Methyl & Marlyn who stayed for the morning, thank you so much for running the canteen for me ladies. Plus a big THANK YOU in general to all my lovely volunteers to the regulars & the new volunteers who have put their names down and to the staff who come to lend a hand, the canteen nor myself would cope without your kindness. Next week's roster

Finally to the PRC for purchasing a fantastic coffee machine so our wonderful volunteers are treated to a warm beverage while helping in the canteen.

Monday 23 May: Lindi Sugiaro
Wednesday 25 May: Gricelda Rodriguez until 10:00am; Marcia Whitaker until 12.30; Karon Russel until 12.30
Friday 26 May: Amanda until 9.40am; Danielle Lawrie until 10:00am; Dorina Hortin until 1.30/2:00pm

If you are free for June I still have a lot of vacant days that need helpers any time you can spare would be appreciated.

Sushi orders need to be placed on Wednesday before recess for Friday. Soup is served tepid and must be collected from the canteen. Children’s names, rooms and orders need to be placed on bags. Please don’t use gel pens to write details on order bags as the ink becomes invisible when heated.

Hope to see you at the canteen.

Kayleen McLean
Canteen coordinator

FOOTY TIPPING
A reminder that the footy tipping money is now overdue. Please leave it at the front office for collection. Thanks.

ENTERTAINMENT BOOKS
We are selling the entertainment books...... there are order forms in the front office.

Thanks

Danielle Laurie
CRAZY HAIR SCHOOL DISCO

Friday 20 May

Kindy-Pre Primary
3.45 to 4.30pm

Years 1-3
4.45 to 6.15pm

Years 4-6
6.30 to 8.00pm

There will be games and lots of fun so get your crazy hair on and come along!

NOTE TO PARENTS: * entrance via church park ONLY
Pre-Kindy to Year 3 – A parent/guardian MUST remain on the school grounds for the entire hour of their disco.
Year 4 to Year 6 – Children can be dropped off and picked up by parents from the MPH
Tea and coffee will be provided on the night for parents
*All areas of the school, other than the multipurpose hall are out of bounds. *Children to dress appropriately.

PICK UP IS 8PM SHARP
**EatPlayThrive Workshops August - October 2015**

<table>
<thead>
<tr>
<th>Workshop Dates</th>
<th>Workshop Time</th>
<th>Crèche Available</th>
<th>Venue Details</th>
<th>Contact</th>
<th>Contact Telephone &amp; Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 19th, 26th August &amp; 2nd September</td>
<td>1.30pm - 4pm</td>
<td>Yes</td>
<td>Noranda Family Centre, 9 Garson Court, 8062</td>
<td>Leonie Overste</td>
<td>T: 08 9368 9325 E: <a href="mailto:loverste@ngala.com.au">loverste@ngala.com.au</a></td>
</tr>
<tr>
<td>Wednesday 16th and 23rd September</td>
<td>1.30pm - 4pm</td>
<td>Yes (0-5 years only)</td>
<td>Foothills Information and Referral Service, 35 Edinburgh Road, Forrestfield, 6058</td>
<td>Anne Whitby</td>
<td>T: 08 9359 1253 E: <a href="mailto:anne@firs.org.au">anne@firs.org.au</a></td>
</tr>
<tr>
<td>Wednesday 30th September, 7th &amp; 14th October</td>
<td>1.30pm - 4pm</td>
<td>Yes (0-5 years only)</td>
<td>Coolbellup Community Hub, 90 Cordella Avenue, Coolbellup, 6163</td>
<td>Joan de Castro / Simone Sieber</td>
<td>T: 08 9411 3444 E: jde Castro @cockburn.wa.gov.au or <a href="mailto:ssieber@cockburn.wa.gov.au">ssieber@cockburn.wa.gov.au</a></td>
</tr>
<tr>
<td>Monday 5th, 12th and 19th October</td>
<td>9am - 11am</td>
<td>Please check with contact</td>
<td>Palms Community Centre, 430 Roekey Road (Corner Nicholson and Roekey Road, Subiaco 6008)</td>
<td>Donna Hamilton</td>
<td>T: 08 9237 9317 E: <a href="mailto:DonnaH@subiaco.wa.gov.au">DonnaH@subiaco.wa.gov.au</a></td>
</tr>
<tr>
<td>Monday 5th, 12th and 19th October</td>
<td>12.30pm - 2.20pm</td>
<td>Please check with contact</td>
<td>Child and Parent Centre Brookman, 34 Brookman Avenue, Langford, 6147</td>
<td>Janine Parslow</td>
<td>T: 9258 4646 E: <a href="mailto:jiparslow@parkerville.org.au">jiparslow@parkerville.org.au</a></td>
</tr>
</tbody>
</table>
Are you fuelling your children right? Feeding your athletic / energetic children healthy and nutritious food is important for their growing and developing bodies and mind. When you feed your children healthy food they will be able to concentrate better, be able to play sport better and for longer and stay mentally ready.

So what and how much should your children be eating a day?

The below table display the number of recommended serves of each food group the Australian Dietary guidelines recommends for each age group. To find out what a serve looks like visit Nutrition Australia’s website.

<table>
<thead>
<tr>
<th></th>
<th>Girls 4-8 years</th>
<th>Girls 9-11 years</th>
<th>Boys 4-8 years</th>
<th>Boys 9-11 years</th>
<th>Girls 12-13 years</th>
<th>Girls 14-18 years</th>
<th>Boys 12-13 years</th>
<th>Boys 14-18 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables and legumes</td>
<td>4 serves</td>
<td>5 serves</td>
<td>4.5 serves</td>
<td>5.5 serves</td>
<td>5 serves</td>
<td>5.5 serves</td>
<td>5.5 serves</td>
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<tr>
<td>Fruit</td>
<td>1 serve</td>
<td>2 serves</td>
<td>1.5 serves</td>
<td>2 serves</td>
<td>2.5 serves</td>
<td>2.5 serves</td>
<td>2.5 serves</td>
<td>2.5 serves</td>
</tr>
<tr>
<td>Grains (cereal/rice/pasta)</td>
<td>4 serves</td>
<td>4.5 serves</td>
<td>4 serves</td>
<td>5.5 serves</td>
<td>5 serves</td>
<td>7 serves</td>
<td>5 serves</td>
<td>7 serves</td>
</tr>
<tr>
<td>Lean meat, fish, poultry, eggs, nuts, seeds, legumes, beans</td>
<td>1 serve</td>
<td>1.5 serves</td>
<td>1 serve</td>
<td>1.5 serves</td>
<td>1.5 serves</td>
<td>2 serves</td>
<td>1.5 serves</td>
<td>2 serves</td>
</tr>
<tr>
<td>Milk, yoghurt, cheese &amp; alternatives</td>
<td>0 serves</td>
<td>0-1 serves</td>
<td>0 serves</td>
<td>0-1 serves</td>
<td>0 serves</td>
<td>0-1 serves</td>
<td>0 serves</td>
<td>0-1 serves</td>
</tr>
<tr>
<td>Allowance for additional serves from any food group*</td>
<td>0-1 serves</td>
<td>0-3 serves</td>
<td>0-2.5 serves</td>
<td>0-3 serves</td>
<td>0-2.5 serves</td>
<td>0-2.5 serves</td>
<td>0-2.5 serves</td>
<td>0-2.5 serves</td>
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Treat foods such as cakes, biscuits, lollies, chocolate, chips, pies and other foods high in fat, sugar or salt should be limited.

When racing around taking your children to and from school and sport you often run out of time for thinking about healthy snacks here’s a few suggestions that won’t take long at all to prepare:
- A simple piece of fruit (i.e. apple or banana) or a fruit kebab
- Vegetable sticks (carrot, capsicum, cucumber) with dip (tzatziki and hummus are good choices)
- A serve of Natural yogurt (be careful with processed yogurt with added fruit and sugar as some can have almost the same amount of fat or sugar as ice-cream!)
- Air popped non-salted, non-buttered popcorn.
- A rice cracker with natural peanut butter or avocado spread on it.

Give Netball a Go!!

Netball4All
A program for everyone!

Locations: Boddington Netball Association, William Park, Claremont, Claremont, Claremont.

Dates: Every Wednesday, 25 May – 29 June 2016

Time: 6:30 – 7:30 pm

The program will be taking place at the

Equal Footingball Division team
Lymwood United FC is one of the most culturally diverse clubs in WA with players from all backgrounds, and every week we see officials and players speaking many languages and wearing hijabs while enjoying the game all backgrounds can relate to. The club also has an Equal Footingball Division team which is mostly people with disabilities including many male and female players, age 11 to retirement age. Winter-season training started late April with players being introduced to skills before they begin representing their club in inter-club matches.

Inquiries to: Samantha Hornby, 0421 363 611. lymwood.united.fc@gmail.com
PLAYGROUP FOR YOUNG AND OLD

Brightwater Care Group holds an intergenerational playgroup at its Redcliffe residential aged care facility every second Monday throughout the year. The group is affiliated with Playgroup WA and its next session is May 30, 9.30am-11am at 19a Manuel Crescent, Redcliffe. The sessions are led by a therapy assistant and are a wonderful opportunity for young and old to interact and bond in a playful environment. Please bring a plate of fruit to share.

For more information, call Leanne on 9479 2381 8.30am-4pm Monday to Thursday or email Leanne.Ruggiero@brightwatergroup.com