Duties to self, to the family, to the country, and the world are not independent of one another.
One cannot do good to the country by injuring himself or his family.
Similarly, one cannot serve the country by injuring the world at large.

Mahatma Gandhi

Dear Parents and Staff

PARISH PRIEST
It is with great pleasure that I welcome our new Parish Priest, Fr Michael Quynh Do who commences at Notre Dame next week after working at St Mary’s Cathedral for the past four years. I look forward to meeting Fr Michael and introducing him to the children and staff at our school.

OLYMPICS DRESS UP
It is just over a week until the Opening Ceremony of the XXXI Summer Olympics in Rio de Janeiro, Brazil, and we have decided to celebrate by having a day when the children and staff may dress as their favourite Olympian, in clothes representative of their favourite sport or in the colours of their family’s country of origin. Those who wish to may purchase a sausage sizzle and a drink for lunch that will be prepared by the PRC. Please see the flyer in the newsletter for all details.

CROSS COUNTRY
We wish all of our children who are participating in the Interschool Cross Country at Tomato Lake, Oats St, Kewdale, a great day of competition tomorrow. They are all winners already as they are the top runners that Notre Dame has to offer and we look forward to them performing to the best of their ability on the day.

BISHOPS’ RELIGIOUS LITERACY ASSESSMENT
This is an annual assessment conducted with children in the Year 3 and 5 classes. Whilst it is an assessment completed by the children, it is also an assessment of our school and our performance in the teaching of Religious Education. The Year Fives will complete the assessment next Wednesday and the Year Threes complete it on the following Tuesday.
**PERFORMING ARTS FESTIVAL**
Throughout the month of August students from Catholic schools across Western Australia participate in the Performing Arts Festival. This year in excess of 24000 students will be involved in the festival. Our school performances are as follows:

- **Tuesday 9 August**  
  Year Three Class Choir
- **Wednesday 17 August**  
  School Choir
- **Friday 26 August**  
  School Dance Group

Specific information regarding each of the performances has been sent to parents by Mr Loiacono and Mrs Donovan-Flintoff.

**A BIG THANK YOU**
To Emma Nofal, mother of Jackson in PPM who has volunteered to coordinate the Scholastic Book Club. Pamphlets have been distributed this week and orders must be placed by Friday 5 August.

**NATURE PLAYGROUND**
We have 30 cubic metres of white washed sand being delivered on Saturday morning. There is good news and not so good news that goes with this. The good news is that we have a bobcat coming at 10.00am to move the sand; the not so good news is that we have some preparation work to do on the area where the sand will be placed. So we need some volunteers with strong backs and shovels to help prepare the area from 8.00am. If anyone is able to bring along their chainsaw this would be handy as we also need to cut some logs that will be placed around the playground. We hope to finish by around 12.30pm so as to not take up too much time from parents’ weekend. Of course, you’re welcome to come for all or part of the time, any amount that you could spare will be greatly appreciated.

**BEFORE AND AFTER SCHOOL**
As has been stated in the newsletter previously, our school will only guarantee supervision of children between 8.00am and 3.30pm. Whilst staff may be on site outside of these times, they are generally occupied with administrative tasks and are not in a position to adequately supervise children. It appears that some parents are using the school as a form of outside school hours care. This is not appropriate and must not continue. Dropping your children as early as 7.15am at school where there is no guarantee of supervision is akin to dropping them at the local park. I certainly hope parents would not consider this a viable option.

In the afternoons some children are being collected as late as 4.20pm on a regular basis. Again, this is not appropriate as staff have other duties to perform after school and are not available for supervision.

There are Before and After School Centres in our area which drop and collect children at appropriate times. If parents need to drop or collect children outside of the supervised school times please make the necessary arrangements as this is your responsibility and not that of the school.

**3 YEAR-OLD KINDY**
If your child turns 3 between 1 July 2016 and 30 June 2017 and you would like them to attend Pre Kindy 2017, please fill out an enrolment form and submit to the school office before 12 August with the supporting documents.

Any questions please call the office between 8.00am and 3.30pm.

Darryl Winsor  
Principal
YEAR 1

The children in Year One have been super busy. We have been learning about the amazing country of China. In Geography, we have learnt about the seven continents and that China is found in Asia. We have also learnt about the Chinese flag. In Art, we created our own Chinese flags, using a variety of red and yellow paper textures. We have read some interesting information about the Chinese flag and in writing we wrote descriptions about it.

In Mathematics, we have been busy learning about shape and number patterns. We are beginning to skip count by 3s and we have learnt a fun song all about counting by this number.

In Religion, we have started a unit of work on creation. We have learnt that God created the world in seven days, and during this time he made many beautiful things, such as plants, animals, mountains, trees and people. We went on a nature walk around the school and then we worked in groups to create posters. These posters illustrated the variety of things in creation. We are looking forward to learning more and more about China. Have a wonderful week!
SPORTING SCHOOLS - AUSKICK (PP-YR 2)
Sporting is again up and running at Notre Dame this term. We are lucky enough to have a fantastic coach from the Perth Demons come and take the sessions this term. Sign up will be available at administration, or by email for parents who will not be able to sign - webb.brett@nds.wa.edu.au. These sessions will be capped to 20 students, please get in quickly if you wish to sign your child up. The sessions will run Tuesday afternoons, 3.10 - 4.00pm. Parents won’t be required to stay for the session, just to pick up after completion. Please email or see me for more information.

ATHLETICS TRAINING (YRS 3-6)
In preparation for the school and interschool athletics carnivals we will be running a Thursday morning Athletics program that will help those students who would like to improve their jumping, throwing and sprinting skills. Sessions will be held Thursday mornings, 7.10am - 8am, from week 3 to week 8. Notes have been sent home this week and need to be returned before the first session next Thursday morning. Apologies for any dance students who want to join as this was the only morning time that was available for the teachers assisting.

CANTEEN NEWS

WEEK 3 ROSTER

Monday 1 August: Lindi Sugiarto
Wednesday 3 August: Kim Nguyen and helpers 4P
Friday 5 August: Amanda Middleton 8.30-10, Danielle Lawrie 8.30-9.30, Dorina Hortin 9.30-1.30 and helpers from 5M

🍴 NEXT WEEK’S SPECIAL 🍴
🌟 Healthy Bones Week 🌟

RECESS SPECIAL  ● mini cheesesies 60c
● 175ml yoghurt $1.50
● warm milo 50c
Purchase all 3 recess specials for $2.50

LUNCH SPECIAL  ● toasted cheese sandwich, 175ml yoghurt & 300ml plain milk carton $4.50

Thank you once again to all the families who volunteer in the canteen, your help is appreciated. If you are able to help even for an hour this term please come and see me on Monday, Wednesday or Friday.

Hope to see you in the canteen soon.

Kayleen McLean
Canteen coordinator
CLASS ROSTER FOR THE CANTEEN - TERM 3

Let’s make a good effort to encourage more members of our school community to give their time volunteering on a regular and ongoing basis. Join other members from your class on the dedicated days.

<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 29 July</td>
<td>PPP</td>
</tr>
<tr>
<td>Wednesday 3 August</td>
<td>4P</td>
</tr>
<tr>
<td>Friday 5 August</td>
<td>5M</td>
</tr>
<tr>
<td>Monday 8 August</td>
<td>6M</td>
</tr>
<tr>
<td>Friday 12 August</td>
<td>1P</td>
</tr>
<tr>
<td>Friday 19 August</td>
<td>3P</td>
</tr>
<tr>
<td>Wednesday 24 August</td>
<td>6P</td>
</tr>
<tr>
<td>Monday 29 August</td>
<td>4M</td>
</tr>
<tr>
<td>Friday 2 September</td>
<td>5P</td>
</tr>
<tr>
<td>Wednesday 7 September</td>
<td>1M</td>
</tr>
<tr>
<td>Friday 9 September</td>
<td>2P</td>
</tr>
<tr>
<td>Friday 16 September</td>
<td>3M</td>
</tr>
<tr>
<td>Monday 19 September</td>
<td>PPM</td>
</tr>
<tr>
<td>Wednesday 21 September</td>
<td>2M</td>
</tr>
</tbody>
</table>

Julie-Anne Beasley
PRC Meeting Chair
Book Club is back!

Book Club pamphlets have been distributed this week.

Order online using your credit card and following these simple steps.

Order online using your credit card and following these simple steps.

Please note that no orders will be taken after this time.

Emma Nofal
Scholastic Book Club Coordinator
## FOOTY TIPPING
A reminder that the footy tipping money is now overdue. Please leave it at the front office for collection.

## ENTERTAINMENT BOOKS
Order forms for entertainment books are still available at the front office. Your support is greatly appreciated.

Thanks

---

**Olympics Opening Ceremony Sausage Sizzle**
4 August 2016

Please place your child’s order by filling out the slip below and return it with the correct monetary change to the school office by:
Wednesday 3 August 2016.

**NO LATE ORDERS WILL BE ACCEPTED!**

---

<table>
<thead>
<tr>
<th></th>
<th>First Name</th>
<th>Last Name</th>
<th>Year</th>
<th>P/M Please circle.</th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Sizzle</td>
<td></td>
<td></td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Sizzle with tomato sauce.</td>
<td></td>
<td></td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sausage Sizzle with tomato sauce and mustard sauce.</td>
<td></td>
<td></td>
<td>$2.50</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th>Qty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate milk.</td>
<td>$1.50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry milk.</td>
<td>$1.50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange juice box.</td>
<td>$1.50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple juice box.</td>
<td>$1.50</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Amount enclosed: $______________
ARCHDIOCESE OF PERTH

The Archdiocese of Perth invites you to the “Discovering Restorative Justice Together Workshop” FREE course over four days once a month beginning Friday 26 August, 30 September, 21 October and 4 November from 9.00am to 12.30pm which includes morning tea and lunch. The sessions will be held at the Catholic Pastoral Centre (40a Mary Street, Highgate).

This is an initiative of the Archdiocese of Perth in this Year of Mercy. Justice and Mercy are so interconnected.

Each session is connected and it is important for participants to commit to all four sessions. Numbers are limited to 20 to allow participants the space to interact. Please register your interest with Claire Chew as soon as possible the material can be forwarded to the participants.

The course contents:

- Experiencing Restorative Justice
- What is Restorative Justice?
- Implications of Restorative Justice for Faith Communities,
- Articulating the Paradigm Shift of the culture change. How can we make Restorative Justice come alive in our relationships?

Contact Claire Chew (email agency.support@perthcatholic.org.au or telephone 6104 3600.

THANK YOU

Thank you for your prayers, sympathy, care, love and support given to me with the recent passing away peacefully of mum (Bernardina Quiteria Figueira) on July 4. I was so blessed to have mum so faith driven. I am also so blessed to be part of a caring staff and school community who supported me in many ways in my time of sadness which no doubt gave me so much strength.

Joanita Stapleton.

City of Belmont
Avon Descent Family Fun Day

When: Sunday 7 August 2016
Time: 11.30am-3.30pm
Where: Garvey Park, Fauntleroy Avenue, Ascot
Enhancing Self Esteem in Adolescents

This is a course for teachers and others who work with adolescents

Course Aims:
Adolescence can be a difficult path for many young people as they attempt to find their own identity in an ever changing and challenging world. Based on recent research, this course updates participants’ understanding and provides practical and creative ways that teachers and mentors can seamlessly integrate assistance to adolescents within their day-to-day roles.

The course focuses on practical application - teachers will learn strategies aimed to help adolescents improve their mental wellbeing and build healthy self-esteem. Although this course aims to empower and up-skill the individual teacher, a number of simple and effective strategies and tools could be adopted by whole of school with a view to healthy self esteem culture.

The course covers:
- How to assess what’s going on for the adolescent while establishing an alliance with them.
- How we can roll with the student’s resistance to engaging with us.
- Ways of working with adolescents who are depressed, angry, disengaged or emotional.

Highlights will include:
- Understanding what happens in the adolescent and adult brain that makes changing some of our patterns difficult but not impossible.
- Ways that people enter change via the ‘Change Triangle’.
- How to identify 10 Unhelpful Thinking Styles that appear in the language of young people and how to respond supportively.
- Gaining a deeper understanding of anger and learn 4 strategies that young people use to mismanage their anger that can keep them stuck in feelings of low self worth.
- Learning fun psychological strategies that help us defuse from the unhelpful ‘stories’ that our minds create that cause us stress and unhappiness.
- Active listening skills and empathic responding. Experience through activities why these often neglected aspects of communication are vital to connecting with an adolescent.

WEST LEEDERVILLE
22 Southport Street, corner of Cambridge Street

Tuesday 23 August 2016

Time: 9.30am – 4.30pm
Fee: $220 - includes a light lunch

Places are limited so please book now on 6164 0200