Prayer to Begin the School Year

God of wisdom and might,
we praise you for the wonder of our being,
for mind, body and spirit.
Be with our children as they begin
a new school year.
Bless them and their teachers and staff.
Give them strength and grace as their bodies grow;
wisdom and knowledge to their minds
as they search for understanding;
and peace and zeal to their hearts.
Amen.

OLMC Calendar - Important Dates

6th February  Staff Commissioning Mass – St John’s Church – 4:30pm
9th February  Pupil Free Day
             Staff Professional Development Day – Visible Learning
             {Effective Feedback} – St John’s Primary School
11th February First Day of Swimming Lessons for Pre-Primary
12th February First Day of Swimming Lessons for Year 1-6
17th February  Speech Therapist Kate Young Visit
18th February  Newsletter coming home
19th February  Fremantle Dockers Visit
20th February  Parent Information Night / Annual Community Meeting
              / Welcoming Dinner – 6:00pm

‘Love one another, as I have loved you.’
Messages From the Principals Desk

Dear Parents, Friends and Students,

Welcome back to the start of the new school year. What an amazing start it has been with a very impressive light show last night, provided by Mother Nature. It was wonderful walking around yesterday to see all of the classrooms set up and the children back enjoying being with their classmates again. After talking with the children it sounds like everyone had a very relaxing and enjoyable holiday with family and friends. The staff and I are looking forward to a year full of learning, fun and challenge.

We welcome several new students and families to our school community this year. Our new Kindy students are Archie Docherty, Riley Keeffe, Luacs McGregor, Jaxon Papertalk, Max Rumble and Aidan Weir. We also welcome Okuhle (Year 4) and Luyanda (Year 6), who have recently moved to Mullewa from South Africa. All of the new boys and girls have settled in nicely and we wish them and their families all the best for their time here at Our Lady of Mount Carmel.

Assistance Required — I would like to introduce you to one of our new Kindergarten students, Archie Docherty, a wonderful young man who is very excited about starting his schooling here at Our Lady of Mount Carmel. Archie is, however, in need of your assistance. He has a medical condition know as Cystic Fibrosis, an illness that is not contagious but is a genetic illness that causes a build up of mucus in the lungs and pancreas and can cause problems with both breathing and digestion. Attached to today’s newsletter is information that outlines ways in which you can help Archie to stay healthy while at school with his friends. I thank you for taking the time to read through the information and ask that if you have any questions or concerns that you contact the office.

2015 Staffing News — The staffing puzzle finally came together over the Christmas break, with the appointment of Miss Mariah Bennington as the new Art, Information Literacy, Support and Year 3/4 teacher. We welcome Mariah to Our Lady of Mount Carmel and wish her all the best for the year ahead. Below is an outline of our staffing structure for 2015.

Principal
Assistant Principal
Kindy/Pre-Primary
Pre-Primary
Year 1/2
Year 3/4
Year 5/6/7
Science/Physed
The Arts/Information Literacy/Support
Teaching Assistants

Office Staff
Cleaning
Grounds

Mr Leon Bolding
Ms Jill Hollands
Mrs Leo Tunbridge
Mrs Tracey Messina (Wednesday)
Miss Nicole Kerr
Ms Jill Hollands / Miss Mariah Bennington (Friday)
Miss Karina Ferrada
Mrs Tracey Messina
Miss Mariah Bennington
Mrs Rachel Swift
Mrs Caroline Cranwell
Mrs Rebecca Dreghorn
Mrs Tamisha Papertalk
Mrs Renata Steele
Mrs Rebecca Dreghorn
Mrs Rachel Swift
Mrs Sharon MacDonald
Mrs Maree Burke
Mrs Jayne Lomas

‘Love one another, as I have loved you.’
Parent Information Night / Annual Community Meeting / Welcoming Dinner – On Friday the 20th February we will be trying something a little different. We will be bringing two evenings together by combining the Parent Information Night and the Annual Community Meeting. The plan will be to commence at 6:00pm with the K/PP and Year 5/6 Parent Information Sessions, in their respective classrooms. At 6:30pm we will have our Annual Community Meeting in the School Hall, which everyone is invited to attend. Then at 7:00pm the Year 1/2 and Year 3/4 Parent Information Sessions will be conducted in their classrooms. At the conclusion of the final parent session at 7:30pm we will commence our Welcoming Dinner. The school will provide chicken and we ask that each family bring a salad to share. For those who may not be involved in the final session, you are more then welcome to start enjoying each other’s company, by getting together on the benches outside the administration building. The evening will be a chance to hear about what is happening in your child’s classroom in 2015, how the past year has gone at Our Lady of Mount Carmel, and an opportunity to come together as a community and share a meal.

Booklists – The Booklist orders arrived over the holidays and were picked up last Thursday or Friday. If you ordered through the school and you haven’t as yet received your order, please contact the school office. All items on the Booklist should have been brought to school on the first day. Any items that are not being used immediately will be collected by the classroom teacher and kept for use later in the year. Please ensure that you take the time to label everything including pencils, textas, erasers etc. as well as all school uniform items. By labeling items there is less chance they will be lost and it will assist us in ensuring they are returned to their rightful owner.

Citizenship Award – It was a pleasure to accept on behalf of the 2014 Centenary Committee, the Premier’s Australia Day Active Citizenship Award for a Community Group or Event. A very well deserved award and a wonderful reflection on the community’s appreciation for the work done by the many people involved. Congratulations to everyone involved.

All In One Permission Form – Attached to the newsletter is a 2015 All In One Permission Form. Please fill this in and return it to school by Friday 6th February.

Swimming Lesson – Attached to the newsletter is information regarding swimming lessons in Term 1. Please take the time to read through this information carefully and then return the attached permission slip with your child by Tuesday 10th February.

God bless.

Leon Bolding
Principal

‘Love one another, as I have loved you.’
Dear Parents and Caregivers,

This note is being sent home to remind you of how we can help everyone in our school community to be as healthy as possible and reduce spreading germs by keeping children at home if they are unwell or still recovering from a recent contagious illness.

Children who have suffered from vomiting, diarrhea, the flu, chest infections, chicken pox, whooping cough or other contagious conditions need to be kept at home until they are completely recovered.

We also have a child in our class who has cystic fibrosis. Cystic fibrosis is not contagious but is a genetic illness that causes a build-up of mucus in the lungs and pancreas, causing problems with both breathing and digestion. Common colds and other viruses can have more serious consequences for people with this condition, possibly resulting in several weeks in hospital. Continuous infections for a person with cystic fibrosis can cause scarring on the lungs and decrease their capacity to function. One important part of the daily medical regime that a person with cystic fibrosis needs to follow includes minimising the risk of catching infections from others.

<table>
<thead>
<tr>
<th>ILLNESS/ VIRUS</th>
<th>CONTAGIOUS FOR...</th>
<th>STAY HOME WHEN...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Influenza (flu)</strong></td>
<td>A person with the flu can transmit the virus one day before they even begin to show symptoms of the virus. They will continue to be contagious for 5 days after they develop the symptoms.</td>
<td>If your child has a high temperature. If your child has the flu, it is usually ok to send them back to school after 5 days.</td>
</tr>
<tr>
<td><strong>Common cold viruses</strong></td>
<td>Several different viruses can cause colds. They usually affect the nose and throat.</td>
<td>The common cold is contagious between 24 hours before onset of symptoms until 5 days after onset.</td>
</tr>
<tr>
<td><strong>Chicken pox</strong></td>
<td>A person who has chicken pox is highly contagious and it can be passed on between 1 and 5 days before the person has shown signs of a rash. The person with chicken pox is contagious for 5 days after the onset of the rash until lesions crust over.</td>
<td>Keep at home until the sores have crusted over or the GP gives the all clear.</td>
</tr>
<tr>
<td><strong>Whooping cough</strong></td>
<td>A person with whooping cough can be infectious for up to 3 weeks after the onset of the cough. If antibiotics are taken the person will be infectious until 5 days after taking a 10 day course of antibiotics.</td>
<td>Keep at home until no longer infectious. Other members of the family may need to take antibiotics too.</td>
</tr>
<tr>
<td><strong>Gastro</strong></td>
<td>After exposure to the virus, a person can become sick within 18 to 72 hours. Most people feel better after a day or two, but are still contagious for at least 3 days. If a person has gastro they should not prepare food for 72 hours.</td>
<td>Keep your child at home for at least 24-48 hours after he/she has been affected by gastro.</td>
</tr>
</tbody>
</table>

It is impossible to avoid all infections, but by taking precautions we can lower the risk of catching and spreading them to each other and to particularly vulnerable classmates with conditions such as cystic fibrosis. We appreciate your support and cooperation.

Please contact me if you have any questions.

Kind regards
Hello parents and guardians,

My name is Miss Mariah (Bennington) and I have the privilege of being your child’s teacher this year, as I begin my career at Our Lady of Mount Carmel. My role for 2015 will be to teach Visual Arts, Information Literacy, Year 3/4 on Friday and support in Literacy and Numeracy.

About Me

I have recently completed my Diploma of Education (Primary) to add to my undergraduate degree in Creative Arts, majoring in Visual Arts. I believe that my open-mindedness, empathic nature and creativity allow me to think on my feet when adapting to unanticipated challenges and opportunities.

I have been blessed to work with people of all kinds of ability levels in my life and I believe that anyone can reach their individual goals with the right education and support.

I enjoy painting in my spare time, spending time with my family and friends and keeping fit. I am an Eagles supporter, a crazy cat lady and my nationality is Australian-Italian. I am passionate about the arts because it is inclusive of all students, helps build self-esteem and can be an outlet of self-expression for children who may find it difficult to express themselves in other ways.

I am a born and bred city girl from Perth, but my laid-back nature and love for my country has led me to Mullewa to experience what it is like to live in a remote Australian community.

Visual Arts

This year, we will explore many different types of art from the past and present, as well as work with tools and techniques to create art that is well crafted and expresses thoughts, ideas and feelings about the world around us. Students will explore various art forms from painting and sculpture to photography and digital art.

In regards to assessment, students will be assessed not only on their artistic abilities, but their overall attitude, participation and creativity in the classroom. There is no right or wrong in the arts and it is just as important to me that students respect themselves, others and the art materials to make the lessons run smoothly.

I have extensive training in visual arts and I am happy to spend extra time with any budding young artists who want to extend their skills.
Outside of class, I will be running regular whole-school art competitions where students can have the opportunity to win a prize and receive a merit certificate at assembly.

Information Literacy

Information Literacy lessons will be designed to help students become confident with using a variety of ICT tools and programs and to prepare them with the research skills they will need later on in high-school.

Students will learn how to make the most of the digital technologies available to them, adapt to new ways they can use technology and will also learn about cyber-safety.

Support

Support will be run a little differently this year, as it will be inclusive of Pre Primary to Year 6. On a Monday and Tuesday, I will be working with the Year 3-6 and on Wednesday and Thursday with the Pre Primary to Year 2’s. I will be working very closely with the classroom teachers to ensure that the specific needs of the students are met in Literacy and Numeracy.

Year 3/4

Every Friday I will be taking the Year 3/4 class and will work closely with Jill to ensure the students’ week runs seamlessly. In addition to the Year 3/4’s Literacy and Numeracy blocks on the Friday, I will be taking the students for Technology and Enterprise lessons with a cooking and gardening focus this year.

How you can help

One man’s trash is another man’s treasure.
If you have any items such as cardboard boxes, bottles, egg cartons, ice-cream containers, broken furniture or anything that may be useful in the classroom, please drop them off in our class ‘Junk Box.’

I look forward to meeting you and your children and I am very excited to begin the year! If you have any queries, please don’t hesitate to contact me in person, or via my details listed below.

Email: bennington.mariah@cathednet.wa.edu.au
Tuesday 3rd February 2015

Dear Parents,

SWIMMING LESSONS

During this term, the Pre Primary students will be participating in swimming lessons at the Mullewa Pool for consecutive Wednesdays, commencing next week on Wednesday, 11th February. We will be walking down to the pool after lunch for each lesson and returning in time for the end of the school day.

For the next seven Wednesdays, all children will need to bring:-

1. bathers
2. rash shirt or t-shirt
3. towel
4. plastic bag to put clothes into
5. sunscreen (class teachers will provide sunscreen if needed)
6. water bottle

Mick Wall, the pool manager, myself, teacher assistants and parents will be involved in the supervision and instructions of the swimming lessons. There will be adequate adults in the pool and supervisors on land. Students will be assigned to small groups according to their water confidence and swimming abilities. The lessons will focus on skills and water awareness, as well as practising for individual and team events in preparation for the swimming carnival.

If your child has been involved in Vacation Swimming Lessons in the past, please indicate the level they most recently passed. If your child is a non-swimmer (does not like to enter the water) please indicate this on the permission form also. Read and sign the permission authority, and return the form to your class teacher no later than Wednesday, 11th February 2015.

Tracey Messina
Swimming Coordinator

‘Love one another, as I have loved you.’
Tuesday 3rd February 2015

Dear Parents,

**SWIMMING LESSONS**

During this term, students from Years 1 through to Year Six will be participating in swimming lessons at the Mullewa Pool for consecutive Thursdays, commencing next week on Thursday, 12th February. Years 3 to 6 will have their lesson between recess and lunch, the Year 1/2’s will have their lesson after lunch.

For the next seven Thursdays, all children will need to bring:

1. bathers
2. rash shirt or t-shirt
3. towel
4. plastic bag to put clothes into
5. sunscreen (class teachers will provide sunscreen if needed)
6. water bottle

Mick Wall, the pool manager, myself, teacher assistants and parents will be involved in the supervision and instructions of the swimming lessons. There will be adequate adults in the pool and supervisors on land. Students will be assigned to small groups according to their water confidence and swimming abilities. The lessons will focus on skills and water awareness, as well as practising for individual and team events in preparation for the swimming carnival.

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 Tracey Messina  
Swimming Coordinator

'Love one another, as I have loved you.'
SWIMMING PERMISSION AND ABILITY

Vacation Swimming Stage

Child’s Name ___________________________ School Year Level ____________

Vacation Swimming Level your child has recently completed. ___________

Child’s Name ___________________________ School Year Level ____________

Vacation Swimming Level your child has recently completed. ___________

Child’s Name ___________________________ School Year Level ____________

Vacation Swimming Level your child has recently completed. ___________

Permission

I give permission for my child/ren ________________________________

to participate in the seven consecutive swimming lessons commencing Thursday 12th

February, 2015.

All children will walk to and from the pool.

Parent/Guardian Signature: __________________________________________

Date : __________________________________________

Please print Surname : ________________________________

Assistance

I _______________________ am able to help with the __________________ class.

I do/do not hold a current Bronze Medallion. Signed: ____________________________

‘Love one another, as I have loved you.’
All in one permission slip

Dear Parents,

In an attempt to save paper and the hassle of having to sign endless permission notes throughout the year, we would like you to sign the slip below and return it to school with your child.

In signing this slip you are giving permission for your child to walk to venues around town for educational or sporting reasons. eg the District High School, the shops, the Rec Centre etc. The teachers will still notify you through the communication book or a letter home of the event and of any helpers required.

Any excursion or event that requires travel by bus or car will require its own permission slip.

Thank you for your help in this matter.

Yours sincerely,

Leon Bolding
Principal

I ______________________ give permission for my child/ren ______________________ to walk to and from events in the town of Mullewa. I understand that this permission slip covers all events until the end of 2015.

Signed ______________________ Date ______________

'Love one another, as I have loved you.'