Our Lady of Mt Carmel
School Newsletter

Term 3 Week 2
29th July, 2016

A Prayer for Athletes

Let me play well, but fairly. Let competition make me strong, but never hostile.

See me not when I am cheered, but when I bend to help my opponent up.

Seal it in my heart that everyone who takes the field, the court, the ice, with me, becomes my brother or sister.

Grant me moments to rejoice, but not in the adversity of others. Help me stay safe from injury, both physical and emotional.

If I know victory, grant me happiness. If I am denied, keep me from envy.

Teach me something that will matter once the games are over. And if through athletics I set an example – let it be a good one.

Amen.

OLMC Calendar Important Dates

**July**

28th Food Sensation Incursion

**August**

3rd Board Meeting 7pm

5th Tuckshop

9th Rags to Riches Excursion – Whole School – Geraldton

11th P&F Meeting 7pm

17th Yr 3 Reconciliation 3.30pm

22nd Catholic Leave Day

**September**

3rd P&F Busy Bee

‘Love one another, as I have loved you.’
Dear Parents, Carers, Teachers and Friends,

Welcome to another term and the start of the second semester of learning. We have well and truly started with a steady flow of rain and the consistent growth of both crop and minds. Our goals for the remainder of the year are to reap the most reward for our energy spent. We toil over our preparation and management to ensure the best possible environment to provide sustenance for optimal yields in both learning and harvest.

A special welcome to the new families in Mullewa and a sad farewell to the Wilson family, Xander and Aiden, as they start the new stage of their lives in Geraldton, readying for High School.

3 Way Conferences

As the Reports were sent home at the end of last term, now is the time for you and your child or children, to meet with the class teacher and discuss the successes and challenges that are going on with their learning. As we know, a unified approach and understanding, along with team work, supports the best outcomes for student learning. Our teachers are entrusted with the very special responsibility of caring, nurturing, challenging and guiding our children to be active and accountable learners.

Our goal is to provide the best possible learning environment along with using effective strategies to improve learning. If you are aware of the goals of your child in specific areas, then your support, questioning and guidance will definitely aid their progress. There is evidence to show that if we know someone is going to ask me regularly about what I am doing and how I am doing it, the focus and determination of the individual to be ready to share, is more committed.

Please call the office to schedule your meetings. Teachers do not have the ‘Master Schedule’ and will not be able to assist you with appointments. By scheduling appoints with Bec and Kylie, teachers are not spending their valuable time trying to arrange ‘flow-on’ appointments with other teachers. I also ask that you respect that when out of school hours, staff should not be approached to make appointments or chat about school related issues. Appointments can easily be made during school hours by calling the office. Your support and understanding in regards to this is greatly appreciated.

Food Sensations Program

Monday 1st August; 360 Health + Community trained dietitians will be visiting Our Lady of Mount Carmel School to deliver a fun session incorporating both a nutrition education and cooking component. Students will learn the skills to modify recipes and prepare healthy homemade meals. Each class will be having their own session with the dietitians, working in groups to prepare a variety of dishes which will then be shared. The K/PP and Yr 1/2 classes will be before recess and the two senior classes will be before lunch. Please keep this in mind when preparing your child’s lunchbox for the day. The littlies will be making Crumble Cups and Fruity French toast, whereas the older students will be making; Crumble Cups, Crazy Corn

‘Love one another, as I have loved you.’
Dip and Noodle Ninja Mince (*rice noodles). Information regarding the ingredients will be available on the school website with the Newsletter.

**Bishop’s Religious Literacy Assessment 2016**

The students in Year 5 will be participating in the *Bishops’ Religious Literacy Assessment* next week and the Year 3 students in week 4.

*The Bishops’ Religious Literacy Assessment* is a large-scale, standardised assessment program that consists of a series of Religious Education (RE) assessments. The purpose of the BRLA is to measure student learning of the content in the RE curriculum. The test items in the BRLA are developed and mostly marked by the Office of Catholic Education Western Australia (CEWA). Formal school and student reports are produced by the CEWA for students in Year 5 and Year 9.

The BRLA provides a ‘point in time’ snapshot of student performance in RE. Students’ knowledge and understanding of the content of the RE curriculum is assessed using a combination of multiple choice, short and extended response items. Students’ faith is not assessed. The use of the BRLA complements the school based assessment programs in RE.

Please contact your child’s teacher or myself, if you have any inquiries regarding the administration of *The Bishops’ Religious Literacy Assessment 2016*.

**Sacrament of Reconciliation and Holy Communion**

We would like to keep the children who are preparing to receive the Sacrament of Reconciliation and Holy Eucharist for the first time, in our prayers. Those students who are baptised Catholics in Year Three will be celebrating the Sacrament of Reconciliation at 3.30pm Wednesday 17th August and the Sacrament of First Eucharist on Sunday 11th September at the 8.30am Mass. We would love to have members of our school and parish community along to support our students at this Sunday morning Mass.

**Nagle Performance – Rags to Riches**

Every year as part of the Nagle Teaching and Learning program, students perform a series of shows on different topics to develop their skills as performers. This year the title is Rags to Riches with the theme of ‘Love’. Over 100 students will perform Music, Dance and Drama to a variety of audiences with the proceeds donated to the St Vincent De Paul Society. All students from Our Lady of Mount Carmel will be travelling to Geraldton on Tuesday 9th August to view the 12pm performance. Permission notes will be sent home next week with more information and a request for a small payment to cover entrance and the bus hire.

**Children’s Toys**

Children love to bring their personal possessions to show others at school for news and share time. This is not a problem so long as the children realise that these items need to be kept safe in their school bag or in the classroom, ready to go home, all in one piece. Please remind them that they will not be allowed to play with them at school so that they remain safe. This prevents accidental damage to personal belongings. Please also remind students that the trading of any type of collector’s cards is also not allowed. There can be too much value implied as to being in possession of certain types or particular ‘collector items’. Thank you for your support in this area.

‘Love one another, as I have loved you.’
Busy Bee
Please mark the date of Saturday 3\textsuperscript{rd} September for the next Busy Bee. Plans are still to be ratified as to the next stage of our Adventure playgrounds, stay tuned.

Help needed
If there is anyone able to swing a shovel and is prepared to help for possibly an hour maximum sometime next week, we would love to move the sand in our long jump pit, from the back of the pit to the front; and remove the lawn to make a clear delineation of pit and lawn. We need a few people to make short work of what would be hard yakka for one. Mrs Messina would like to begin practising Long Jump and Triple Jump with the students in preparation for our OLMC School Athletics and the Inter school Athletics Carnival as soon as possible. Please contact the office with the days you are available and we will coordinate the job to be done. Many thanks in advance! 😊

God Bless, until next time.

Di Nyman
Principal

‘Good actions give strength to ourselves and inspire good actions in others.’ — Plato
’Love one another, as I have loved you.’
Ministries

**Spiritual Ministry:**
Caitlin Rowe
Lochlain Park

**Environmental Ministry:**
Mia Fulker
Luyanda Ehigiator

**Cultural Ministry:**
Brooke Curtis
Shannyn Harris

**Library Ministry:**
Okuhle Mseleku
Zalia Curtis McCann

**Communications Ministry:**
Caleb Critch
Saxon Flannagan
Antoine Curley

**Sport Ministry:**
Blue Captain - Tyler Messina
Blue Vice Captain - Isabella Critch
Gold Captain - Reuben Rowe
Gold Vice Captain - Thomas Strange

Birthdays

A very happy birthday to the following staff and students:

3rd August Zalia Curtis McCann
3rd August Luyanda Ehigiator
4th August Riley Curtis
9th August Mr Matthew Parnham
10th August Benjamin Strange

*Love one another, as I have loved you.*
Merit Award Recipients

Alivia Dean
Zhyiesha Collard
Lucas McGregor
Laney Critch
Maggie Critch
Cooper Messina
Riley Curtis
Kiarbroe Hamlett
Benjamin Strange
Caleb Critch
Okuhle Mseleku

Office Reminders

Parent/Emergency Contact and Medical Emergency Information – If your contact details change throughout the year please contact the office as soon as possible and update your information. Please also let the office know if your child has any allergy and/or medical condition. It is imperative that the school has the most up to date and correct information in case of an emergency.

‘Love one another, as I have loved you.’
P&F Notices

**Mullewa Show**

Please find attached to the newsletter the roster for the Mullewa Show kitchen.

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tim Critch</td>
<td>President</td>
</tr>
<tr>
<td>Jenna McGregor</td>
<td>Secretary</td>
</tr>
<tr>
<td>Janice Park</td>
<td>Treasurer</td>
</tr>
</tbody>
</table>

Parish Notices

**Our Lady of Mount Carmel Parish** — Mass is celebrated every Sunday commencing at 8:30am. Everyone is welcome to attend.

For further details and information on any Mass services please feel free to contact Fr Robert O’Bryan PP on 9961 1181 or 0457 980852

*Pope Francis’ Prayer Intentions for August*

**Universal: Sports**

That sports may be an opportunity for friendly encounters between peoples and may contribute to peace in the world.

**Evangelization: Living the Gospel.**

That Christians may live the Gospel, giving witness to faith, honesty and love of neighbour

*WORLDWIDE MARRIAGE ENCOUNTER*

“A weekend for your marriage”
“A weekend with quality time together”
“A weekend of Discovery”
“A lifetime of love”

Want to know more? Check the brochure at the entrance of the Church.

There are three upcoming ME weekends,
Geraldton August 19-20
Perth October 21-23

*PRAYER FOR VOCATIONS*

Generous God, You show us the way that leads to everlasting life.
Through baptism you have called us to proclaim the Good News.
Bless and strengthen those who have made a commitment of service in the Church. Guide and give wisdom to those discerning their vocation.

Enrich our Church with dedicated married and single people, with deacons, priests, and with people in consecrated life.

‘Love one another, as I have loved you.’
‘Love one another, as I have loved you.’
Term 3 Art

The Year Five and Six class in Term Three will be learning about sculptures as well as creating their own. The theme for the sculptures are "Passion". So far the students have done some fantastic plans of their sculptures and they look forward to constructing them through out the term.

The Year One and Two class in Term Three are focusing on how the use of line effects a person perception of a painting and how line can be used to help with detail.

The Year Three and Four Class for Term Three will be focusing on using 3-D shapes to create different types of picture, self-portraits and paintings. The students so far have learnt how to draw 3-D shapes and excited to move on to the next task.

The Pre –Primary class this term is focusing on mixing different types of paint, having fun with paint and edycole dye and getting messy.

Sorry Mrs Tunbridge!

'Love one another, as I have loved you.'
'Love one another, as I have loved you.'
Tennis Hot Shots is specially designed for kids. Smaller courts, racquets and softer tennis balls are used during lessons.

Kids progress through 4 stages:
Blue (Toddler Tennis), Red (pee Wee Tennis), Orange (45 minute lessons) and Green (1 Hour lessons). Guided by a qualified Tennis Australia Coach, kids are encouraged to develop at their own pace, moving onto the next stage when they are ready.

Kids will learn basic technique, scoring and fundamentals of tennis through fun drills and games.

Ph 9956 2182

Colin Thompson - Sun Smart Tennis
Development Officer, Midwest Zone
Office: (08) 9956 2182 Mobile: 0427 449 240
Dept Sport & Recreation, Level 1, 268-270 Foreshore Drive
PO Box 135 Geraldton 6531 WA
Email: colin.thompson@portsouthhouse.net.au

‘Love one another, as I have loved you.’
Crazy Corn Dip

Proudly supported by:
Crazy Corn Dip

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream Cheese</td>
<td>1 cup</td>
</tr>
<tr>
<td>Greek Yogurt</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Corn Relish</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Tin Corn 125g</td>
<td>1 tin</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 clove</td>
</tr>
<tr>
<td>Spring Onion</td>
<td>1</td>
</tr>
<tr>
<td>Carrots</td>
<td>2</td>
</tr>
<tr>
<td>Capsicum</td>
<td>1</td>
</tr>
<tr>
<td>Rice Crackers</td>
<td>1 packet</td>
</tr>
</tbody>
</table>

**How to make it:**

1. Measure cream cheese, greek yogurt, corn relish & tin corn into bowl.
2. Peel garlic clove and grate into bowl.
3. Chop spring onion very finely & add to bowl.
4. Mix dip together with spoon.
5. Chop carrot & capsicum.
6. Arrange dip & dippers on platter.

Serves: 30 students
Snack for 8
Preparation Time: 10 mins

Grab the vegetables or herbs from your garden.
**Atomic Apple Crumble**

*Makes 8 - 10*

**Ingredients:**
- 770g tin of sliced apple
- 4 medium bananas
- 1 litre vanilla custard
- ½ packet of Granita biscuits
- 1 ½ cups oats
- ½ cup coconut
- 2 tsp cinnamon

**Equipment:**
- Can opener, knives, chopping boards, spoons, large mixing bowl, measuring cups, snap lock bag, rolling pin, serving cups & spoons

**Recipe Tip:**
Use other tinned fruit such as apricots or peaches. Add frozen fruit instead of banana.

1. Carefully open tin of apple. Chop apple into small pieces and divide between cups.
2. Peel bananas and slice into 1cm pieces. Divide banana slices between cups.
3. Pour a small amount of custard over apple & banana in each cup.
4. Place biscuits into the snap lock bag and crush using rolling pin.
5. Mix crushed biscuits with oats, coconut & cinnamon in mixing bowl. Place a spoonful of crumble into each cup. Serve with a spoon.
**Introducing Food Sensations**

360 Health + Community is excited to offer the Food Sensations Program. Run by trained dietitians, the sessions incorporate both a nutrition education and cooking component and can be delivered to primary and high school students, as well as parents and teachers.

### Nutrition Topics

- Australian Dietary Guidelines
- Healthy food choices
- Budgeting
- Meal Planning
- Food Safety
- Sugar and fat in foods

### Cooking

Students learn the skills to modify recipes and prepare healthy homemade meals.

### Who can participate?

- Primary school and high school students
- Teachers
- Parents and community members

### How long do sessions run for?

Sessions run for 90 minutes but can be shortened or lengthened depending on the school’s requirements. For example, sessions can be reduced to a 1 hour cooking only session.

### What does our school need to provide?

A location suitable for cooking, including a power source with at least two power points, wet area, fridge, tea towels and running water.

360 Health + Community is happy to provide the Food Sensations program free of charge, however we do request that the schools provide ingredients for the cooking sessions. Schools registered with the Foodbank School Breakfast program have access to ingredients available at Foodbank. If your school is interested in registering for the program, more information can be found here: [http://www.healthyfoodforall.com.au/school-breakfast-program/how-to-sign-up/](http://www.healthyfoodforall.com.au/school-breakfast-program/how-to-sign-up/)

For further information please contact Stacey or Meredith at 360 Health + Community on 9960 6800 or email dietetics@360.org.au
Noodle Ninja Mince

Proudly supported by:

[department of health]
[department of education]
[department of regional development]
[royalties for regions]
[bhp billiton]
[food bank]
Noodle Ninja Mince

**Ingredients**

- 500g lean mince
- 1 onion
- 2 cloves garlic
- Spray oil
- 2 instant noodle squares
- 1 carrot
- 2 celery sticks
- 1/4 cabbage
- 1 cup water
- 2 tablespoons salt reduced soy sauce
- 1/4 cup sweet chilli sauce

**Equipment you will need:**

- Frypan
- Cutting board
- Knife
- Measuring cups

**How to make it:**

1. Dice the onion and garlic.
2. Turn frypan on to medium heat, spray with oil. Add onion and garlic to frypan. Cook until softened.
3. Add mince to frypan and cook until brown.
4. Chop cabbage, carrot and celery.
5. Add vegetables to the frypan. Cook for 5 minutes, or until vegetables start to soften.
6. Break up the instant noodles in the frypan. Mix in with the mince mixture.
7. Add 1 cup of water to frypan. Bring to the boil and wait for noodles to become soft.
8. Add sweet chilli and soy sauces. Stir to combine.

Serves: 30 students
Family of 4
Preparation Time: 25 mins
Super Fruity French Toast

Proudly supported by:
### Super Fruity French Toast

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 slices fruit bread</td>
<td></td>
</tr>
<tr>
<td>4 eggs</td>
<td></td>
</tr>
<tr>
<td>1 cup low fat milk</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vanilla essence</td>
<td></td>
</tr>
<tr>
<td>Spray oil</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons icing sugar</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon cinnamon</td>
<td></td>
</tr>
<tr>
<td>4 bananas</td>
<td></td>
</tr>
</tbody>
</table>

**Equipment you will need:**

- Mixing bowls
- Whisk
- Frypan
- Spray oil
- Small sieve

**How to make it:**

1. Crack eggs into bowl and whisk.
2. Whisk in milk and vanilla.
3. Turn frypan to medium heat, spray with oil. Dip one piece of fruit bread into egg mix turning over to cover each side.
4. Place bread into frypan and cook on each side until golden brown.
5. Cut bananas into thin slices and place onto cooked toast.
6. Mix icing sugar and cinnamon together in small bowl. Place mixture into small sieve and sprinkle over toast.

**Serves:** 15 students

**Family of 4**

**Preparation Time:** 15 mins