Dear Parents,

We have had a number of highlights over the past fortnight here at Our Lady of Fatima. Last Saturday night was our welcome back to all families for the new school year, with our movie night. We had about 50 families attend and enjoy a beautiful evening under the stars watching “Inside Out”. It was a fairly late decision late last year to organise the movie night but it was a huge success, coordinated by Natasha Shepherd and her group of helpers, my thanks to all concerned.

I would also like to announce that it was decided at our last P&F meeting that Natasha Shepherd would be the President of the P&F and Rikki Foss will be the Vice-President. Huge thanks to Natasha for taking on the role, and Rikki for the support she will provide. We also had a great turnout to our first P&F meeting for 2016. Thank you to all the parents who attended. It was quite a long meeting being the first for the year, however, in consultation with Natasha Shepherd, our hope is for meetings to begin at 7pm and conclude by 9pm. Please come along on the first Thursday of the month if you are available.

Our movie night was followed by our Community Mass last Sunday morning. Thank you to all families who joined the staff and parishioners to celebrate the Eucharist together and witness the Staff, School Board and P&F Executive pledge their commitment to our community in their official roles that they will undertake throughout the 2016 school year. Thank you also to all the parents who assisted with the morning tea after Mass, it was very much appreciated.

The “Rice Days” have started……..We have a plan for the children to be offered the opportunity to partake in a bowl of rice for lunch each Friday of Lent. Huge thanks to the P&F for assisting with the cooking of the rice and a group of Year 6’s under the leadership of our Ministry leader, Kyla Clark who assisted with the distribution of the rice. This event provides an opportunity for us to share some pertinent messages with the children about what many people in developing countries have for a normal meal. The gold coin donation for each bowl of rice will contribute to a great fundraising effort for Caritas, to support less fortunate people in our world.

Thank you to all parents who attended our annual Parent Information Evening on Monday night. It was great to see so many parents in the class meetings and come together for the whole school gathering in the hall. The emphasis on the night was around the area of “parent engagement” something that I think is a real strength here in our community. The greater the level of parent engagement, the more informed parents are about the structures and processes we have in place which in turn increases the effectiveness of the partnership between the teachers and parents as we work together for the best interests of the children.

With the support of Amelia Hu, we will be putting some Mindfulness thoughts and ideas in the fortnightly newsletters throughout the year, as another way of keeping this important area at the forefront of our minds. We will be looking at one quote and one activity for each newsletter. Michelle Renton focusing on Mindfulness in the last 3 weeks of each term will certainly have a similar impact as well, with the children.

A note was sent home this week regarding swimming training for Yr 3 to Yr 6 students which will start next week, on Tuesday and Friday mornings for the rest of the term with a couple of exceptions due to clashes. Please look out for that information if your child is keen to participate.

From the Principal
FROM THE PRINCIPAL (continued)

All staff will be heading off to our Lady of Mount Carmel straight after school today to attend a **regional Mass**, celebrated with Bishop Sproxton, as we celebrate the beginning of a new school year in Catholic Education.

**Dates to Remember:**

**Wednesday 17th February** – Staff attending a regional Mass at 4:30pm

**Friday 19th February** – Rice Day (PP-6)

**Tuesday 23rd February** – Swimming training (Years 3-6)

**Friday 26th February** – Swimming Training (Years 3-6)

**Tuesday 1st March** – Year 6’s playing in a cricket carnival at Tompkins Park

**Friday 4th March** – Aqua Splash Day (Yr 1—Yr 3)

Best wishes for the coming fortnight.

Paul Hansen

PRINCIPAL

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**MINDFULNESS**

*Parents are the active sculptors of their children's growing brains. The immature brain of the child is so sensitive to social experiences that adoptive parents should in fact also be called biological parents because the family experiences they create shape the biological structure of their child's brain.*  
Daniel J Siegel, MD

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**IDEAS FOR MINDFULNESS**

**Mindful Breathing**

The breath is simple a means of befriending this deep capacity of the heart and mind....Without judging, condemning or forcing, come back to this moment, this breath: each breath a new beginning: each breath a letting go: no agenda: just this moment, this breath, outside of time: timeless.  
Jon Kabat-Zinn, PhD
Welcome back to Fatima School Banking for 2016. This year we have all new Australian Outback rewards and look forward to seeing many new faces as well as welcoming back our regular savers.

Come visit us outside the school hall from 8am Tuesday mornings. If you’d like to open an account for your child, visit any Commonwealth Bank Branch with passports for identification, or online if you’re an existing CBA customer. Last year our bank deposits raised a commission of $890.92 for the school P&F. There were 1414 total deposits for the 2015 banking year!!!!!

Maria Robinson and Emma Spackman

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OLOF SWIMMING TRAINING, TRIALS AND CARNIVAL INFORMATION

Swimming Training will start at Melville Water Polo Club, Bicton, on Tuesday 23rd February. Training sessions will continue each Tuesday and Friday from 7:30am to 8:05am excluding the 8th, 29th March and Good Friday, 25th March. The entry fee is $4.00 plus a gold coin donation for the breakfast.

Students from Year 3-6 are invited to attend. It is important to remember that your child should be able to swim close to 50m freestyle, breast stroke and back stroke. Students may be dropped off at the pool and will be taken to school on the school bus after training and breakfast.

Our Lady of Fatima would like to invite any parents interested in assisting with Swimming Training and Breakfast to contact Mr Celenza through the School Office.

Important dates:

Aqua Splash Years 1-3, Friday 4th March, Fremantle Pool 12.30-3.00pm (Parent Volunteers Needed)

Swimming Trials Thursday 10th March, Years 4-6, Melville Aquatic Centre 9.00-12.00 (Timers Needed) Classes will be shuttled down for class trials.

OLOF House Swimming Carnival, Tuesday 15th March, Melville Aquatic Centre 9.00am - 12.00noon

ASCS Swimming Carnival, Wednesday 6th April, Fremantle Aquatic Centre 9.20am-1.00pm

Oz Celenza - PHYSICAL EDUCATION TEACHER
SCHOOL NEWS

- **CARITAS/PROJECT COMPASSION** - This year Caritas (The Catholic Agency for International Aid and Development) celebrates 50 years of Project Compassion. On Ash Wednesday, the start of Lent, your children brought home a Project Compassion collection box. During Lent, we ask that your child does chores for money to donate to Caritas in supporting the world’s poorest people. Through this support, people are empowered to create change in their communities. This is one of our major social justice projects that the school has committed to support. We have supported Caritas through the Project Compassion Money boxes for many years. Thank you for joining us in this important cause. To see how your money is helping to end poverty, promote justice and uphold dignity, visit [www.caritas.org.au](http://www.caritas.org.au)

- **SUNSAFE AT FATIMA** - Our sincere thanks to the Cancer Council for donating sunscreen for our students whilst at school. Sunscreen is available to all students in their classrooms. Teachers encourage students to apply sunscreen during the day. Parents please reinforce the message and apply sunscreen to your children every morning, teaching them to apply sunscreen themselves is an important life skill in the older grades. Thank you to the P&F and especially Clare Ivancich for organising this very important resource and relationship with the Cancer Council.

- **PROTECTIVE BEHAVIOURS CYBERSAFETY PERFORMANCE** - Protective Behaviours Cybersafety Performance by School Performance Tours has changed to Monday 14th March at 9am in the hall. Children from PP to Year 6 will learn about how to stay safe using the internet in a fun interactive way.

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**FEBRUARY**

1st Eliza Gauci
3rd Owen Goodwin
6th Alyssa Matthes
8th Eli Goodwin
8th William Ivancich
8th Thomas Dreverman
14th Amelia De Sousa
14th Ella Reardon
14th Kieren Nguyen
16th Ming Fung Dallas
20th Rose Gregory
20th Oliver Lim
21st Tessa Robson
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<th>Date</th>
<th>Helpers</th>
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<td>A.Hu / J.Daniel</td>
<td>M.Johnston / J.Daniel</td>
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<td>Z.Smith / S.Secker / A Kelly</td>
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<td>26 Australia Day</td>
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<td>Week 2</td>
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<td>10 Ash Wednesday K – 3 Liturgy in Hall 4 – 6 Mass in Church</td>
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<td>Week 3</td>
<td>15 Parent Information Night at 6pm</td>
<td>16 Yr 6 To WACA, WA v NSW.</td>
<td>17 Regional Mass at OLMC</td>
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<td>Feb Week 4</td>
<td>22</td>
<td>23 Swim training Bicton 7.30-8.05</td>
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<td>Feb/ MarchWeek 5</td>
<td>29</td>
<td>1 ASCS Cricket Carnival. Tompkins Pk Swim training Bicton 7.30-8.05</td>
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<td>Week 6</td>
<td>7 Labour Day</td>
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<td>Week 7</td>
<td>14 Protective Behaviours Cyber Wise Presentation at 9am</td>
<td>15 OLOF Swimming Carnival. Melville Pool 9-12noon Yrs 4—6</td>
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<td>Week 8</td>
<td>21 Harmony Day</td>
<td>22 Swim training Bicton 7.30-8.05</td>
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<td>March/ April Week 9</td>
<td>28 Easter Monday</td>
<td>29 Easter Tuesday</td>
<td>30</td>
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<td>April Week 10</td>
<td>4 Parent / Teacher Interview TBC</td>
<td>5</td>
<td>6 ASCS Swimming Carnival, Freo Pool</td>
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KEYED UP MUSIC

We will be running Guitar and Keyboard lessons starting in Term 1
Lessons start from $17.00 for half an hour in a small group

For enquiries please phone Therese on 1300366243 or visit our website
www.keyedupmusic.com.au

PARISH NEWS

PARISH WEEKEND MASS TIMES
Saturday Vigil – 6.30 pm
Sunday – 7.30am, 9.45am, 6.30pm

A NOTE FROM THE COMMUNITY HEALTH NURSE

Welcome to the new school year. My name is Kristen Cousins and I am the Community Health Nurse who visits your school.

Community Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential. A major part of my work is focused on early intervention and the School Entry Health Assessment program.

Community Health Nurses serve as a health contact point for children and their families, providing information, assessment, health counselling and referral. The services provided are free and confidential.

If you have a concern about your child’s health or development, please contact me via your school office or at my Community Health Base on 9314 0100.
CBC Fremantle invites you to attend our
Open Day on Tuesday 15 March 2016
Tours commence at 2.00pm and 4.00pm and provide a unique opportunity to see the College and meet some of the staff and students.
To register visit the College website and click on the Open Day Quick Link
Enquiries: events@cbcfremantle.wa.edu.au
51 Ellen Street, Fremantle WA 6160
www.cbcfremantle.wa.edu.au

PALMYRA J.F.C.
Demons

SUNDAY 21st FEBRUARY
4pm - 6pm
CLUBROOMS: Cnr. Stock Road & Canning Highway

Registration Day

- Free Sausage Sizzle
- Register for your chance to WIN a family pass to the 1st Dockers Eagles Derby of 2016.
- Register for Auskick and all teams from Boys Yr 3 - Yr 12
  Girls Yr 3 - Yr 6
- Fees can be paid online via our website
- No credit card facilities available
- Professional mouth guard fittings available on the day

PJFC is a family club and has played in the East Fremantle zone since 1955
www.palmyrafjc.com.au

Registrar: Oly Sjerpe 0424 725 160
EAST FREMANTLE
TRICOLORE SOCCER CLUB
Club Registrations Open
From Saturday 13 February
Wauhop Park, Wauhop Road
East Fremantle
New players welcome
Teams available in the following Age Groups

Joeyball (girls boys) 5-7 years
Kanga (girls/boys) 8-9 years
Juniors (mixed) and girls only 10-18 years
Mens/Womens

Further details / enquiries:
www.eastfreosoccer.org.au
registrar@eastfreosoccer.org.au
Phone 0410 395 006

IONA PRESENTATION COLLEGE
In 2017 the following scholarships may be offered at Iona Presentation College.

Sr Alacoque Gittins Academic Scholarship - a minimum of two (2) academic scholarships will be awarded to incoming Year 7 students.

Sr John Jones Academic Scholarship - a minimum of one (1) academic scholarship will be awarded to a student entering Year 10.

Sr Joan Evans General Excellence Scholarship - a minimum of one (1) scholarship will be awarded to an incoming Year 7 student.

Ionian Past Pupils Association (IPPA) Scholarship - a minimum of one (1) academic scholarship will be awarded to an incoming Year 7 student, who is the daughter / stepdaughter / granddaughter of a Past Pupil.

There are also a number of Music Scholarships on offer at Iona Presentation College. Scholarships are awarded for both Musical Excellence and Musical Aptitude. When a scholarship is awarded for Musical Aptitude, the instrument to be learnt will be designated by the Head of Music. Beginner students are also encouraged to apply for a Music Scholarship.

Please visit http://www.iona.wa.edu.au/enrolments/scholarships/ to find out more and to apply online.