

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

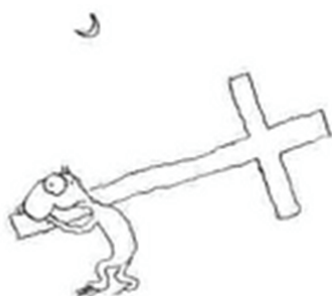
NEWS Term 1 Week 6 - 7 March 2017

The Principal's Piece - Philip Ledlin

Do We Want to Fast for Lent?

*Fast from hurting words and say kind words
Fast from sadness and be filled with gratitude
Fast from anger and be filled with patience
Fast from pessimism and be filled with hope
Fast from worries and trust in God
Fast from complaints and contemplate simplicity
Fast from pressures and be prayerful
Fast from bitterness and fill your heart with joy
Fast from selfishness and be compassionate
Fast from grudges and be reconciled
Fast from words and be silent so you can listen.*

As I reflect on the wisdom above, it's clear to me that Lent is all about 'doing' ... and ... 'doing' things a bit differently with a kind heart. I hope and pray that during this Lenten season we all experience a little bit of growth as we try to do things a bit differently. Finally, I hope and pray we don't have to go to Leunig's extreme!



Leunig

OPEN DAY at Our Lady of Dolours!

'Open Day' at OLD for Kindergarten 2018 will be on Wednesday 15 March 9am. All of our parents and friends are warmly invited and encouraged to attend this important day of 'welcome' for prospective families.

Special Invitation to Harmony Day at OLD:

On Monday 20 March 9am, parents and friends are invited to a special Harmony Day celebration in the COLA (Covered Outdoor Learning Area).

Shrove Tuesday (Last week)

Nearly 20 parent helpers stormed our COLA (Covered Outdoor Learning Area) to prepare and serve pancakes for the students. Thank you one and all.



COMING EVENTS

MARCH

- Wed 15** Open Day for Kindergarten 2018
- Sun 19** Weekend "Welcome Mass" 9am in the Church
- Mon 20** Harmony Day
- Tue 21** Excursion to West Head (History) - Yrs 5 & 6
- Fri 24** Parent's Night Out
- Wed 29** School Photos

APRIL

- Mon 2** Pre Holy Week Liturgy - Whole School
- Wed 5** Yr 6 Leadership Day @ Monte Sant Angelo
- Fri 7** Easter Raffle Draw - **Last Day of Term 1**
- Thu 13** Holy Thursday
- Sun 16** Easter Sunday
- Mon 24** Staff Development Day (Pupil Free Day)
- Tue 25** Anzac Day (Public Holiday)
- Wed 26** Start of Term 2
- Fri 28** Staff Development Day (Pupil Free Day)

KEEP CHECKING THE SCHOOL'S WEBSITE UNDER 'NEWS & EVENTS - EVENTS FOR POSSIBLE CHANGES TO DATES

www.olddb.catholic.edu.au

The Principal's Piece (Cont.)

Wellbeing Week – Week 7

OLD will celebrate 'Wellbeing Week' in Week 7 this term.

It might be of interest for parents to learn that, throughout Australian schools, Week 7 each term has the highest weekly teacher and student absenteeism. Thus, 'Wellbeing Week' is becoming increasingly celebrated in schools across Australia.

In Wellbeing Week at OLD, we will have a number of initiatives like 'No Homework' all week (except reading each evening). Additionally, on Friday in Week 7 (17/3) students will celebrate within their special 'wellbeing buddy groups' led by all of our Year 6 leaders.

The following information will be launched in Week 7, and it forms an important part of our weekly Pastoral Care at OLD – (I particularly thank Mrs Jenny Tygh, Yr 4 teacher, who is leading Pastoral Care at OLD)

At OLD, our Pastoral Care is based on 2 programmes: "Positive Behaviour for Learning" (PBL) and "Choice Theory". The following grid identifies our school 'learning behaviours' and focus areas each week. Additionally, students at OLD are becoming increasingly familiar with the characters in the movie, 'The Lion King'. These characters assist to bring 'Choice Theory' into action at OLD.

BE RESPONSIBLE		
Positive Behaviour for Learning	Be Respectful	Be Safe
Be a Good Learner		
TERM 2	We Make Good Choices	BE SAFE
Week 2		
Week 4	We Do Our Best & Persist	BE A GOOD LEARNER
Week 6	We Speak & Act With Kindness	BE RESPECTFUL
Week 8	We Learn and Let Others Learn	BE A GOOD LEARNER
TERM 3	We Care For Our Belongings and the Environment	BE RESPECTFUL
Week 2		
Week 4	We are In the Rig Place at the Right time	BE SAFE
Week 6	We Share & Take Turns	BE SAFE
Week 8	We Are Active Listeners (CAFOD)	BE A GOOD LEARNER
TERM 4	We Wear a Hat Outside	BE SAFE
Week 2		
Week 4	We Have Safe & Caring Hands	BE SAFE
Week 6	We Care For Our Appearance	BE RESPECTFUL

Choice Theory

D



DEMOCRACY

Does things because it is the right thing to do

C



COOPERATION

Cooperates, does what one is asked to do, works with others

B



BOSSING

Bossy, bullying, bothers others, teases, uses strength or threats to get what

A



ANARCHY

Disrupting class, doing your own thing, not listening or cooperating

Declaration for Volunteers

If you are currently a volunteer at Our Lady of Dolours (or planning to become one), and haven't already completed a "Declaration for Volunteers" form, could you please either collect a form from the school office or download it from the OLD website by clicking on the following link [Declaration Form](#). Once the form has been completed, could you return it the office .

Thanking You for your assistance.



AWARD WINNERS

Week 3



NB: Award Winners for Weeks 4 and 5 will be published in the next addition of the Newsletter

TERM DATES 2017

TERM	STAFF DEVELOPMENT DAY (SDD)	STUDENTS RETURN	PUBLIC HOLIDAY	LAST DAY OF TERM
1			Fri 14 APRIL (Good Friday) Sat 15 APRIL (Easter Saturday) Sun 16 APRIL (Easter Sunday) Mon 17 APRIL (Easter Monday)	Fri 7 APRIL
2	Monday 24 APRIL Fri 28 APRIL (Staff Development Day - No Students)	Wed 26 APRIL	Tue 25 APRIL (Anzac Day) Mon 12 JUNE (Queen's Birthday)	Fri 30 JUNE
3	T.B.A.	Mon 17 JULY		Fri 22 SEPT
4	T.B.A.	Mon 9 OCT		Tue 19 DEC

Staff Development Days can be subject to change - you will be advised at the earliest opportunity



Our Lady of Dolours Parents and Friends Night Out!

Leave the kids at home and come and mix with the parents,
carers and friends of OLD at the Willoughby Hotel!

There will be food, drinks and music, along with some lucky
door prizes!

Where:

Willoughby Hotel, 315 Penshurst Street,
Willoughby North

When:

Friday, 24 March 2017

Time:

7:30 pm till late

Cost:

\$20 per person or \$35 per couple –
cost includes cocktail food, drinks are to be
purchased separately

Pay via the Qkr App!

RSVP & Payment by:

Monday, 20 March 2017



Stepping Stones Triple P



Does your child have a disability?

Parents of children with a disability aged 2 to 12 are now eligible for free parenting support through the Stepping Stones Triple P Project.

You are invited to attend the following FREE parenting seminar:

Seminar 1 - Positive Parenting for Children with a Disability

Thursday 16 March from 9.30am to 11.00am

St Lucy's School, 21 Cleveland St, Wahroonga

RSVP: Natalie Montgomery Ph: 9487 1277 nataliem@stlucys.nsw.edu.au

Seminar 2 - Helping your Child reach their Potential

Thursday 23 March from 9.30am to 11.00am

St Lucy's School, 21 Cleveland St, Wahroonga

RSVP: Natalie Montgomery Ph: 9487 1277 nataliem@stlucys.nsw.edu.au

Seminar 3 - Changing Problem Behavior into Positive Behaviour

Thursday 30 March from 9.30am to 11.00am

St Lucy's School, 21 Cleveland St, Wahroonga

RSVP: Natalie Montgomery Ph: 9487 1277 nataliem@stlucys.nsw.edu.au

For more sessions visit www.triplep-steppingstones.net



THE UNIVERSITY OF
SYDNEY



MONASH
University



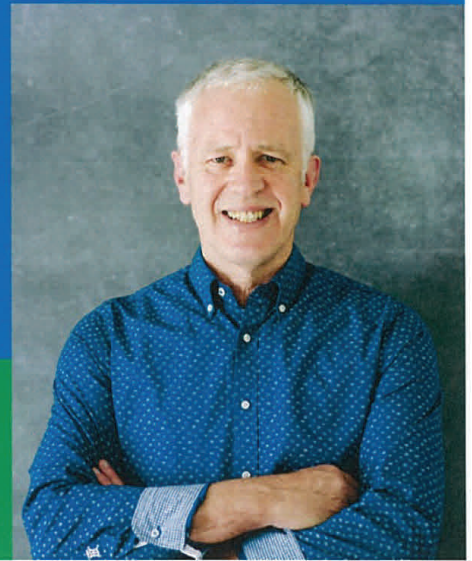
THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

Funded by the National Health and Medical Research Council, Australia

The Parenting Masterclass

How to raise independent kids

"Never before has a generation of children been so dependent on their parents."
– Michael Grose



Lose the bubble-wrap and step away from the helicopter!

Join bestselling author and parenting expert, Michael Grose for an interactive evening designed to challenge thinking and empower parents to raise independent, resilient and confident children. Michael will share hands-on and practical strategies to help:

- Encourage independence
- Build strong, caring and cooperative family relationships
- Reduce anxiety
- Foster emotional intelligence

You'll leave feeling empowered to move forward in raising your independent children.

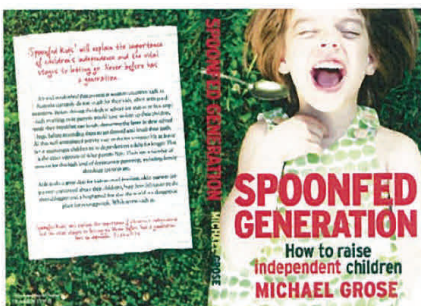
National tour dates | 7-9pm | Tickets \$35*

Adelaide	Evanston South	Thursday 2nd March
Brisbane	Manly West	Tuesday 7th March
Sydney	Waitara	Wednesday 8th March
	Stanhope Gardens	Thursday 9th March
Melbourne	Ashburton	Wednesday 15th March
	Keilor North	Thursday 16th March
	Clyde North	Tuesday 21st March

* 10% of the proceeds will be donated to The Smith Family, helping young Australians in need to transform their lives through education.

About Michael Grose

Michael has been sharing his insights and strategies with parents and teachers for more than 25 years. Michael has been the teacher and he's been the parent. He's written 10 award winning books including *Thriving!* and is currently touring Australia with his newest release *Spoonfed Generation*.



THE  AGE



To book your ticket visit

spoonfedgenerationparents.eventbrite.com.au

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