

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWS IN BRIEF Term 2 Week 3 - 9 May 2017

Dear Parents,

A truly significant centenary celebration will occur this coming Saturday 13 May. I particularly like that this date coincides with Mothers' Day weekend – Happy Mothers' Day to all our mums! Following is from the Parish Bulletin:

100TH ANNIVERSARY OF OUR LADY OF FATIMA

13 May 2017 marks the 100th anniversary of the first apparition of the Blessed Virgin Mary near the town of Fatima, Portugal to three young shepherd children. The Blessed Virgin Mary appeared six times to the three children between 13 May and 13 October 1917. Appearing to the children, the Blessed Virgin told them that she had been sent by God with a message for every man, woman and child living in our century. Coming at a time when civilization was torn asunder by war and bloody violence, she promised that heaven would grant peace to the world if her requests for prayer, reparation and consecration were heard and obeyed.

Our Lady stressed the importance of praying the rosary in each of her apparitions, asking the children to pray the rosary every day for peace. Another principal part of the message of Fatima is devotion to her Immaculate Heart. She said that if people did not stop offending God, He would punish the world severely.

To celebrate the 100th anniversary, we will be presenting the movie "The Miracle of Our Lady of Fatima" on Sat 13 May at 11 am in Bishop Barry Room. The movie will run for approx' 1 hour 45 mins. Refreshments will be served after the conclusion of the movie. Please bring a plate to share if you can.

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You will recall in the last four newsletters that I included summaries of the first four habits of "Seven Habits of Highly Effective Families" (Stephen Covey).

I hope that we can all appreciate the fifth "habit" included below. (I note that I commenced these summaries as part of a warm-up to the up-and-coming Parent Education sessions at OLD School – ie "123 Magic" on the following dates – Starts NEXT WEEK!!!:

Part A - Wednesday 17 May (9 – 11am)

Part B - Wednesday 24 May (9 – 11am)

See attached form to RSVP for 123 Magic – thank you

I hope that we can all appreciate the fifth "habit" included below.

Seek First to Understand ... Then to be understood – (summary of 46 pages)

- At the heart of family pain is misunderstanding – "Most mistakes with our children, with our spouse, with all family members are not the result of bad intent. It's just that we really don't understand. We don't see clearly into one another's hearts."
- Perhaps some readers have read John Gray's book, "Men are from Mars and Women are from Venus". This book is so popular because it touches on the pain of misunderstanding. As soon as we accept our differences and genuinely "seek to understand", healing and growth can occur. As soon as we begin to "understand" others, we naturally adjust our expectations.
- Overcoming anger and frustration: "Temper gets us into trouble and pride keeps us there!". Temper is something we need to choose to overcome. Even if anger surfaces one tenth of one percent of the time, this will affect our relationships because others around us will be "on edge" and never sure when that "raw nerve" might be touched again. We must choose our attitude! ... Seek first to understand!

COMING EVENTS

MAY

- Tue 9** NAPLAN
- Wed 10** NAPLAN
OLD P & F Meeting
6.30pm
- Thur 11** NAPLAN
Mother's Day Stall
- Fri 12** Mother's Day
Breakfast
Mother's Day Mass
- Wed 17** '123 Magic' Parenting
Programme -
1st Session
- Fri 19** Crazy Hair & Mufti
Day
Choir in the COLA at
2.30pm
- Tue 23** Broken Bay Cross
Country (Fagan Park)
- Wed 24** '123 Magic' Parenting
Programme -
2nd Session

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

www.olddb.catholic.edu.au

- We need to become empathetic listeners ... “The technique of empathetic listening is just the tip of the iceberg. The great mass of the iceberg is a deep and sincere desire to truly understand.”
- We need to be able to confront: “When you really love someone, you need to care enough to confront – but in ways that have positive energy and show respect.” (Try to send “I” messages and not “you” messages ... “I” messages give our concern and our perception, but “you” messages are judgemental ... eg:
- This is the way I see it ... This is what I observed ... I am sensing ...
- You need to ... You are so ... You never ...
- Conversation / discussion time needs to be shared and fair; there is a time for listening with an understanding heart and there is a time to respectfully express a point of view with plenty of “I” messages - (We need to remember that “I” messages are not “I do this / I do that / poor me” messages!)
 “To learn to ‘seek first to understand’ opens the floodgates to heart-to-heart family living”

Last Friday afternoon, a friend sent me the Youtube clip below. In light of ‘habits’, I commend it to you!

<https://www.youtube.com/watch?v=u8tzswROt70> Or, try this google ‘shortened link’: goo.gl/O4EcY0

Mothers’ Day Stall - Thursday 11 May

Don’t forget the Mothers’ Day Stall this coming Thursday 11 May. Reminder: all forms are to be completed by Wednesday 10 May. If you are paying via the Qkr App, this will need to be done prior to 12pm. Thank you.

Mothers’ Day Breakfast – Friday 12 May 8am

Don’t forget the Mothers’ Day Breakfast this coming Friday 12 May 8am - Harrington Hall (ie. school hall)

Mothers’ Day Mass – Friday 12 May 9am

Don’t forget the Mothers’ Day Mass this coming Friday 12 May 9am - OLD Church

Choir in the COLA 2.30pm – 19 May

Mrs Hoy, our OLD Music teacher, warmly invites all parents and friends to a short performance by The OLD School Choir in The COLA (ie the wooden tiered seating area) on Friday 19 May at 2.30pm.

Occupational Therapist at OLD and Speech:

I recently advertised that our school is now supporting an Occupational Therapist to attend each Friday at OLD.

I stress that this service is fully managed by Lisa Norton and her private organisation. If parents would like to access this service, we ask you to firstly make contact with your child’s teacher to discuss ‘possibilities’ and whether Occupational Therapy will benefit your child. After a meeting with your child’s teacher he/she will discuss the matter with our Learning Support Team and Lisa Norton.

Similarly, the Speech Therapy service offered at OLD is privately managed. Again, if you would like to access this service, you are encouraged to firstly have a conversation with your child’s teacher.

The wonderful benefit of having close partnership with a Speech Therapist and an Occupational Therapist on site at OLD is found in the way the school works closely with these specialists to ensure a greater understanding of individual student needs.

Wednesday 10 May – 6.30pm – Parents and Friends’ Meeting

Don’t forget that everyone is warmly invited to attend the Parents and Friends’ General Meeting this week on Wednesday 10 May 6.30pm in the school library.

All students need to wear the full uniform including the tie.

Children unable to tie a tie can simply purchase the strap-around the neck tie. This is available and used by many students. Thank you.

Mary Rajca Candela Talks

Mary spoke to all students yesterday about the difficulties and poverty faced by struggling communities in Peru. Craft items are for sale in the playground at lunch time this week; the products have been hand-made by the women in the Peru communities. All money made goes directly to these communities. Items range from \$2 to \$10. Please support this worthy cause by allowing your child to purchase an item (or two). Thank you.



Parent Education Program

Catholic Schools Office Diocese of Broken Bay – Parent Education Team

1-2-3 Magic Workshop

Building Emotional Intelligence & managing behaviour

Program consists of two, 2 hour sessions, working through a parent resource booklet

The program supports parents and caregivers with effective strategies to help their children self-regulate and manage their emotions and behaviour. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about the world around them.



Dates:

- **Wednesday 17 May (9 – 11am)**
- **Wednesday 24 May (9 – 11am)**

Venue: *OLD School Library*

Parent workbooks are available for purchase on the day for \$10

RSVP: Please return the slip to the office or email old@dbb.catholic.edu.au
by **Friday 5 May**

YES, I will be attending the 1-2-3 Magic Workshop: Wednesday 17 May (9 – 11am)
and Wednesday 24 May (9 – 11am)

Name(s)

Child's Class