

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWS Term 3 Week 2 - 30 July 2018

The Assistant Principal's Piece

Last Monday, the staff of OLD participated in a Mercy pilgrimage that lead us through the footsteps of the Mercy founders that came before us. One of the most meaningful and influential aspects of the day was the question *'How are we going to carry on the story and work of Catherine McAuley?'*

Last year, as a school, we started our mission to *Ignite, Innovate and Include in Mercy* and took many significant steps to do so; creating our 2020 school vision; renaming our colour houses to reflect the journey Mary took throughout her life; establishing a deeper connection with Mercy College; teaching the students about the work of Catherine McAuley and most importantly aligning a Mercy value with each class.

This week the students are focusing on the Year 6 Mercy value of *Integrity*. During the morning assembly on Monday we heard from Lara, our school captain, who so eloquently said 'Integrity is about doing the right thing because it is the right thing to do'. This is such an important message for us all to remember and consider as we live our daily lives.

At home, I encourage you to also have Integrity as your Mercy value and recognise and celebrate when your child/children act with Integrity and Mercy.

Kinder and Year 1 Sports Carnival

Last Thursday the Kindy and Year 1 students participated in their own mini athletics carnival up at Beauchamp Park. The children all had such a wonderful time running their races and playing games with their classmates. I wish to thank Mr Joe Martin for organising and leading this event and to all the teachers and parents who assisted on the day. We had such a high level of engagement from the parents and we hope to see you all for this week's Year 2-6 Athletics Carnival.

Sports Marathon (10th August)

With only 10 days to go we are in full steam preparing for the SPORTS MARATHON!!! This is the major fundraiser from the P&F and the goal is to raise \$20k for playground development.

Thank you to all those families who have already started collecting sponsorship money and congratulations to Kindergarten who were the grade with the highest funds (as of the end of Week 1). Some people are being so creative with their fundraising efforts, even having their own bake sales! However, we still all need to work together as a community to reach our goal.

These are some of the amazing things the children will be getting if all proposed funds are raised:

- *An exciting 'tinkering table' and interactive bench behind the play equipment*
- *Developments in the 'Growers Garden'/reflection area*
- *A 'shop-front' for students' play*

COMING EVENTS

August

Thurs 2 Yr 2-6 Athletics Carnival

Thurs 9 Soccer Gala Day

Fri 10 P & F Sports Marathon

Mon 13 Book Week starts

September

Mon 24 Creative Arts Festival

Fri 28 Term 3 Concludes

October

Mon 15 Term 4 Commences

Sat 27– Sun 28 Band Camp

Wed 19 Term 4 Concludes

KEEP CHECKING THE SCHOOL'S WEBSITE
UNDER 'NEWS & EVENTS - EVENTS FOR
POSSIBLE CHANGES TO DATES
www.olddb.catholic.edu.au

[Our Lady of Dolours](#)



The Assistant Principal's Piece - Cont.

Reminder: Term 3 P+F General Meeting – Tuesday 14 August 6.30pm – Where are we at re the Advisory Group for 2019 onwards? I hope many parents and friends turn out for our Term 3 P+F GM Tuesday 14 August 6.30pm. Amongst other things, there will be a discussion opportunity regarding the Advisory Group that The Catholic Schools Office expects all schools to adopt from 2019 going forward.

Pastoral Care and Wellbeing: Throughout this term the staff at OLD will be revising the Pastoral Care and Wellbeing policy and procedures at our school. This will include the teaching and learning of Social and Emotional Learning (SEL) Skills, school rules (and included rewards and consequences) and the implementation of more Parent Education around these areas. Mr Sam McClean is our Pastoral Care coordinator for 2018 and will be adding information to each newsletter to help everyone better understand the important role wellbeing and SEL skills play in a child's education, both at home and at school.

ATHLETICS CARNIVAL NEWS

Parents will be well aware of the relative angst last term when we had our Athletics Carnival washed out. Because we have to get selections finalised for the up and coming Athletics North Shore Cluster Carnival, students in years 2-6 will be participating in events at Beauchamp Park this Thursday.

- Thursday 2 August (Week 2) for all Year Two, Three, Four, Five and Six students.

Students will participate in their age groups at different times. These approximate times are:

Thursday 2 August

Walk from school - 9.00am - at least two parents are required to assist each year 2 class - please contact your child's class teacher if you can assist.

- o Year 2—7 yrs olds—60m races—9.45am
- o 8, 9, 10, 11, 12 year olds—100m races—from 10am
- o 8, 9, 10, 11, 12 year olds—200m races—from 11am

All age groups will participate in some novelty activities while waiting for other events then walk back to school at approx. 11.45am,

parent helpers once again required to assist –for each year 2 class - please contact your child's class teacher if you can assist.

Students are reminded to bring the following on their respective carnival day:

- Full sport uniform (with hat)
- Water bottle
- Sun screen
- Puffer (if required)
- Medication kept at school will be taken to the oval
- Fruit break & Morning tea (in a paper/plastic bag clearly labelled with child's name and class)

(Please note that students do not require a permission note to walk to Beauchamp Park because this is covered by a general permission note signed by parents at the commencement of the year).

Our Lady of Dolours Catholic Primary School
ATHLETICS CARNIVAL MAKE-UP DAY PARENT WALKING ASSISTANTS
Please return this WALKING ASSISTANCE form to your child's class teacher
before the day of their Make-up Carnival day

Parent's Name _____ Child's Name _____

Class _____ Colour House _____ Age (This Year)* _____

*(What ever age your child turns in 2018
is their age this year

The Assistant Principal's Piece - Cont.

Stage 3 Excursion

This week, Year 5 and Year 6 are attending an excursion to the Headquarters of Bingo Bins!

It might seem strange that we are visiting a company which deals with skip bins, but there is lots of learning involved.

Our Geography learning this term is all about how people interact with land and water, both positively and negatively. Just recently we have had a visit from the wildlife officers at Willoughby Council. They told us that although there are many good initiatives happening in our local area to support native wildlife, there is still tonnes and tonnes of waste flowing through our streams and into our harbour.

And this is where our excursion comes in – Bingo bins say they recycle everything from their commercial demolitions. They say they can recycle a whole house! We in Year 5 and 6 are very interested in this, because if they *can* recycle everything, that might mean that we in Willoughby can stop throwing things away and recycle everything instead. But how? Well, we'll hopefully find out soon!

Mr Sam McClean



AWARD WINNERS Week 1



Religious Education—Mrs Kathy Gray

Confirmation and the Sacramental Program

At Our Lady of Dolours, which is part of the Diocese of Broken Bay, the order of the Sacraments of Initiation for children after Baptism, begins with Confirmation then First Reconciliation before receiving First Holy Communion to complete their initiation into the Church.

Therefore, the Children's Sacramental Program at Our Lady of Dolours is a three stage course that normally runs between July and the following June each year. Children who are baptised Catholics and 7 years of age or older are eligible to join the program.

Enrolment for Confirmation is via the Parish Website and is now open, and closes **Thursday 9 August 2018**.

<http://www.chatswood.dbb.org.au/Sacraments/dsp-default.cfm?loadref=134>

There will be a meeting for all parents of those children enrolled in the Sacrament of Confirmation on Thursday 14 August at 1.30pm and 7pm.

Celebration: In the Church on Friday 28 September at either 5.30pm or 7.30pm



Public Speaking News—Ms Kylie Scarf

The Lower North Shore Catholic Schools

Public Speaking Competition 2018

This week, our clever Year 6 students are preparing special speeches to present to their class and teachers. This is for the amazing opportunity to be one of the two chosen representatives for our school to compete in the Lower North Shore Catholic Schools Public Speaking Competition. This high level competition is **only** open to **two talented Year 6 students** from each of the seven schools in this cluster. The two special representatives have to present a **3 minute prepared speech** and a **1 minute impromptu speech**. Last year our Corban won!!!! Good luck Year 6!

Ms Scarf

EALD/Literacy Support Teacher

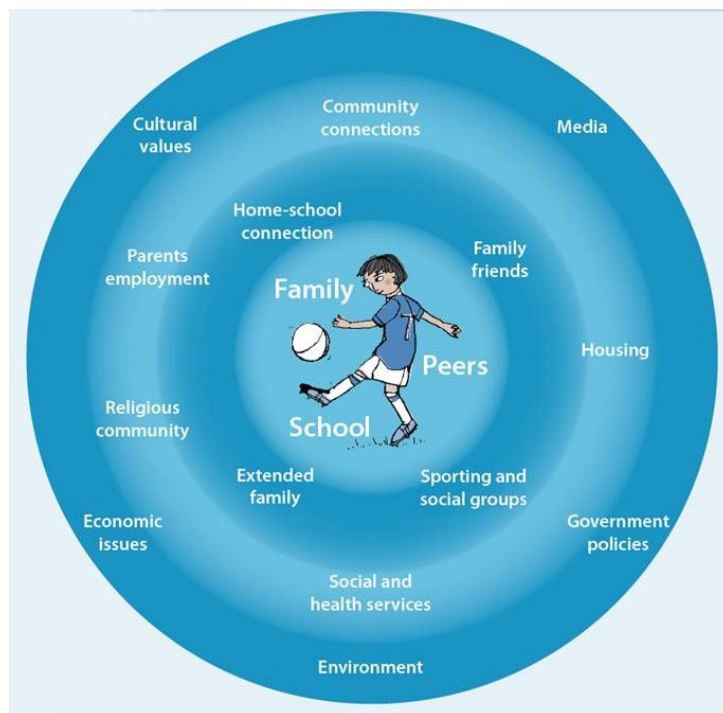


Pastoral Care Co-ordinator - Mr Sam McClean

Just like learning how to read and write, a child's social and emotional skills are developing all the time and will progress and evolve uniquely; their emotional development will be different from every other child. A child may experience difficulties when trying to build relationships with peers just as another child has difficulties understanding a Maths concept. Both children in these situations will benefit from having many learning experiences and opportunities to practice the skills they are finding challenging. Just like the learning procedure in Maths, making mistakes is all part of the process of learning social and emotional skills.

Emotional development involves learning what feelings and emotions are and why they happen. It also includes developing empathy for others and developing effective ways of managing our own feelings. As children grow, their emotional lives become more complex.

While parents and carers are clearly the first and most important influences on social and emotional learning, there are many other aspects to the child's social environment. Examples of the influences can be seen below.



At Our Lady of Dolours, our staff are continually working to improve not only our knowledge of social and emotional skills, but also how to teach them just as we might teach a Mathematics or Science concept.

We divide social and emotional learning into five broad areas:

Self Awareness – *Identifying emotions and recognising strengths*

Self Management – *Managing emotions and goal setting*

Social Awareness – *Identifying the perspectives and appreciating the uniqueness of others*

Relationship Skills – *Communicating and negotiating with others; building relationships*

Responsible Decision Making – *Respecting others; taking responsibility for ones actions; problem solving*

Children who learn positive social and emotional skills have been shown to develop better relationships with others, which benefits their mental health and wellbeing. This does not mean children will always want to play with others; many children enjoy some solo time when they can do their own thing. But everyone needs the skills to be able to relate to others when they want to or need to.

'The single best childhood predictor of adult adaptation is not IQ, not school grades and not classroom behaviour but rather the adequacy with which the child gets along with other children ...' Hartup, W.

Sam McClean

Pastoral Care

From The LIBRARY - Louise Murphy

Book Week 2018 – 13th August-17th August

Theme: *Find Your Treasure*

Book Week Program

Monday 13th August : David Legge Author / Illustrator visiting
K-6



David is an award winning author who has illustrated over 70 books.

Tuesday 14th August – Book Week Costume Parade.

All children in K-6 are asked to 'dress up' as their favourite book character. The idea behind the parade is to celebrate a love of books. Please note this is not a competition, anything in the cupboard or borrowed will be fantastic. **Parents are welcome to stay and watch.**



Library Classes: Please note there will be a change of Library days for some classes **for this week only** to accommodate all the events above.

Tuesday: 3G, 5B, 4G, 1G and 6G

Wednesday: 3B, 2G, 2B, KB, 4B, KG, 1B.

Book Fair: We would be delighted if all families could donate a book to our school Library. I have bought a fabulous selection of popular titles that the children can select from. This year we are making it really easy to pre- purchase a book through QKR. All books are priced at \$15, \$20 or \$25. Although the preferred method is QKR, the library will accept cash for the Book Fair. To bring in cash, please put it in an envelope clearly marked '**BOOK FAIR**' with your child's name and class and hand it to their class teacher. The QKR app will open for book purchase next **Monday 6th August**. The children will come to the Library, select their book then their name will be written in it as the donor. The book can be borrowed for a week.



Looking forward to finding the 'Treasure' in books.

Louise Murphy

Teacher Librarian.

FROM THE P & F



2018 Sports Marathon

Friday 10 August at Beauchamp Oval, Chatswood



OUR GOAL

We have an ambitious fundraising target of
\$20,000.



WHAT FOR?

Students are encouraged to fundraise for the day with all funds raised supporting the development of
"Project Playscape".



HOW?

Become a Three Star Hero!

- ★ Get sponsored from 5 people outside of your home;
- ★ Get sponsored by a business; and
- ★ Achieve more than \$50 in sponsorship (white star = \$50, gold star = \$100)

Individual Prizes:



\$200 Rebel Voucher & 4 person ticket to Taronga Zoo



\$100 Rebel Voucher



\$50 Rebel Voucher

For every **\$50** raised, students will be entered into a weekly draw to win Rebel Sports gear.

Top Year Prize:



The year that raises the highest average amount will have a **Mufi Day**

Pay as you go through Qqr

FROM THE P & F

Name:

Class:

Total raised:

[illegible]

Community News



Our Lady of Dolours Primary School



Term 3 Canteen Roster

	Mon	Tues	Wed	Thurs	Fri
23 July 2018	PUPIL FREE DAY	Rosalie Keledjian Seda Gulessebian	Ofelia Delosreyes Kylie Sendlhofer	Michelle Go-Chin Melissa Chung	Selvia Wijaya Vivian Tang
30 July 2018	Jen Montealegre Jo Mannering	Ji-Yun Yi Stella Bae	Michael Corbett	Rachel Davidge-Hill Debbie Liu	Michelle Stanley Katie Crichton
6 August 2018	Tom Allen Glenn Desertine	Carlyn Linders Portia Yu	Jackie Fung Katerina Planska	Cynthia Lai Rachel Ullmann	SPORTS - A - THON
13 August 2018	Alison Henderson Alison Guthrie	Amy Chan Laura Hurrell	Natt Yusathaphorn Elaine Lin	Nicole Chow Mikhael Chammaa	Tina Tian Katie Zhang
20 August 2018	Rachel Mensforth Kate Stipo	Eva Martinez Ruby Yang	Ofelia Delosreyes Kylie Sendlhofer	Debby Liu Joy Wang	Nicole Woods Tracy Li
27 August 2018	Michael Corbett	Rosalie Keledjian Seda Gulessebian	Christine Lee Sally Park	Joy Wang Melissa Chung	Selvia Wijaya Vivian Tang
3 September 2018	Katie Crichton	Marcia Corbett Laura Hurrell	Jackie Fung Katerina Planska	Rachel Ullmann Julie Hiser	Katerina Trani Michelle Stanley
10 September 2018	Tom Allen Glenn Desertine	Ruby Yang Jo Mannering	Michael Corbett	Lily Setiawan Soehan Wiraputra	Michelle Stanley Katie Crichton
17 September 2018	Ruby Yang Amy Chan	Ji-Yun Yi Stella Bae	Ofelia Delosreyes Marina Oganessian	Rachel Davidge-Hill Debbie Liu	Selvia Wijaya Vivian Tang
24 September 2018	Marilyn King Trish Seeto	Rosalie Keledjian Seda Gulessebian	Elaine Lin Kylie Sendlhofer	Michelle Go-Chin Cynthia Lai	Janelle Arena Zoey Cortese



BIRTHDAY ICEBLOCKS PURCHASE FROM CANTEEN



As you are aware, there is no sharing of lollies, cakes or any food treats at school for birthdays.

If you would like to purchase ice blocks for your child's class on their birthday this can be arranged through the school canteen only.


Please email your order **with at least one weeks notice** to Janelle Arena or Zoey Cortese at olodcanteen@yahoo.com.au

Your choice of ice blocks are **Quelch Sticks 50c, Icy Twists \$1 or Mini Calipos \$1**

Payment is to be made on the day or before to the school office in an envelope marked **Canteen Birthday Ice Blocks** with your child's name and class.

Community News

OPTIONS FOR ALL SCHOOL PAYMENTS: LUNCH ORDERS, FEES AND SCHOOL EVENTS.

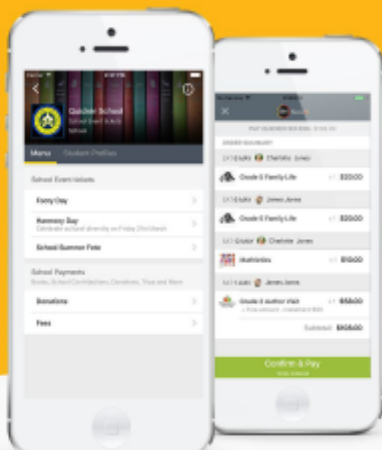


For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by MasterCard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr you can:

- Pay for school fees, uniforms, excursions and more;
- See your receipts on the app and get them sent by email if required.



Getting started is easy – try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

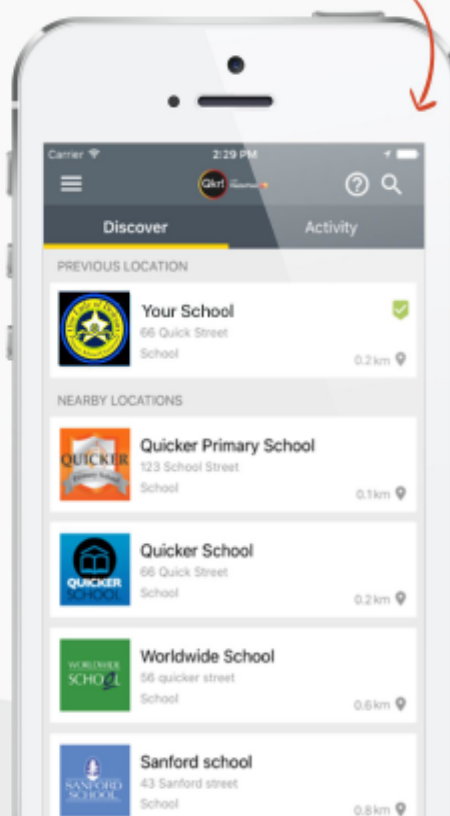
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

Search for our school name

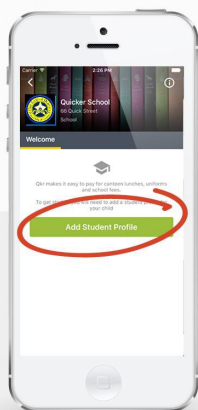


Community News

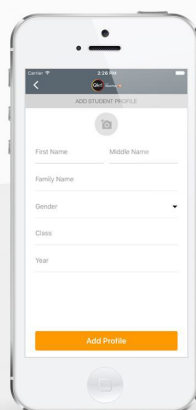


Add your children's details in Student Profiles

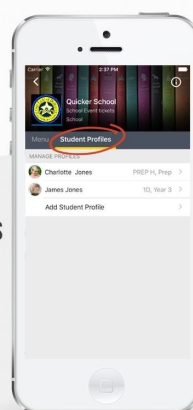
Select
'Add student profile'



Add each
child's details

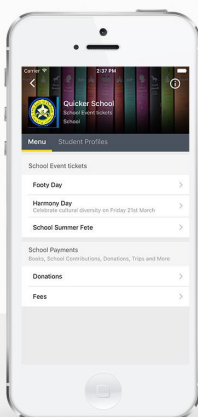


Manage each
child's details in
Student Profiles

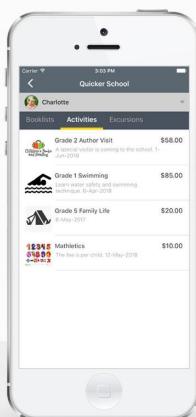


Purchase school items

Select a menu
from our school

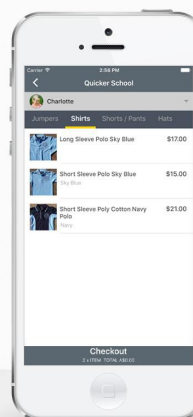


Select child
you are
ordering for



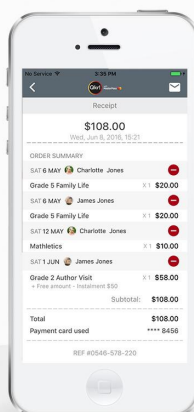
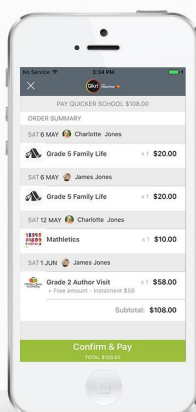
Select your items

Tap 'Checkout'
then confirm and pay



Making payments

Add up to 5 cards to your wallet



At checkout select which card to
pay with.

Pay with any cards accepted
by the school.

Once your payment is approved you
can continue to the home page, or
view your receipt.



**DAYS TO
A HAPPIER
FAMILY**

Tuesday 31 July, 2018

7 pm for a 7.30 pm start

**Light of Christ Centre,
Yardley Ave Waitara**

Book your seat: www.brokenbayparentcouncil.com

Have you booked your seat for ...

21 Days to a Happier Family - Dr Justin Coulson

One of Australia's leading parenting experts

Tuesday 31 July, 2018 7.30 pm - Light of Christ Centre, Yardley Ave Waitara

Everyone wants their family to be happy. But so many things get in the way including include work stress, commitments, and our children's challenging behaviour.

This workshop equips parents with a fresh way of proactively developing the habits that will strengthen their family, combining cutting-edge insights from the positive psychology arena and classic psychological research underpinning relationships, parenting, and personal choices. Justin will speak in language that makes sense, with stories and research combined in an engaging, interactive, and fun style.

WHO SHOULD ATTEND:

- Every parent or caregiver, as well as teachers, grandparents, and anyone who looks after children.

PARENTS WHO ATTEND 21 DAYS TO A HAPPIER FAMILY WILL:

- Understand how their habits are creating their current family environment
- Learn the psychological principles that underpin personal and family happiness
- Experience insights that will genuinely impact on their family's happiness and functionality

ABOUT JUSTIN:

Dr Justin Coulson is one of Australia's leading parenting experts and is a highly sought-after international speaker and author. He and his wife Kylie are the parents of six daughters.

Broken Bay Catholic School Parents (CSP) provides seminars and workshops for all parents in schools across our diocese and are thrilled to be working with Dr Justin Coulson.

To secure your seat, go to the CSP website: www.brokenbayparentcouncil.com/dr-justin-coulson.html

Dr JUSTIN
COULSON presents

**21 DAYS to a
HAPPIER
FAMILY**

For busy parents who want their kids to be better, themselves to be calmer, and their family to be happier.



Tuesday 31 July

7 pm for a 7.30 pm start

**Light of Christ Centre
Yardley Ave, Waitara**

No cost - Secure your seat
www.brokenbayparentcouncil.com



MERCY CATHOLIC COLLEGE

Providing excellence in
teaching and learning
since 1890.

**OPEN
MORNING**

WEDNESDAY 8th AUG
9am - 11am

- Recognising our students needs are diverse, we constantly aim to develop courses and apply teaching strategies that accommodate different learning styles.
- Offering a comprehensive range of electives in addition to mandatory studies from Year 7, leading to the award of the Higher School Certificate credential in Year 12.
- Achieved outstanding results in the Higher School Certificate. Ranked in the top 16% of the State.
- Interested in the development of the whole person, we offer numerous opportunities for students to participate in co-curricular activities. Over 30 programs including a variety of Sport, Creative Arts and special interest clubs.
- Based on a framework of positive psychology, the College's well developed Pastoral Care structure allows support for student wellbeing. With specialised staff including the Director of Student, Wellbeing and the Youth Minister who work with students on a variety of projects including faith development, social justice and wellbeing.
- The College enjoys modern facilities and state of the art technology in classrooms.
- Located in the heart of Chatswood the College is a short walk to Chatswood Interchange where there are connecting buses and trains.
- Fees starting from \$5490.10 p.a (2017) plus \$940 building levy and student elective costs for Years 9 – 12.

MERCY CATHOLIC COLLEGE, CHATSWOOD **Catholic Girls Secondary College, Years 7 – 12**
TEL 02 9419 2890 **EMAIL** mercy@dbb.catholic.edu.au **WEB** mercychatswood.nsw.edu.au

CatholicCare
Diocese of Broken Bay



YOUNG PARENTS DROP IN PLAYGROUP FOR PARENTS 25 YEARS AND UNDER

A fun space to explore and develop your child through a range of activities and sessions. Meet other young parents and build new friendships.



Tuesday's
During school term
1.00 – 3.00pm



Naremburn Family Centre
40 Merrenburn Avenue



FREE

TERM 3 PROGRAM:

- 7 Aug – Fun with sensory bags & bottles for babies
- 14 Aug – Pasta play
- 21 Aug – Fun with bubbles
- 28 Aug – Outside play
- 4 Sep – Window art with shapes
- 11 Sep – Soapy sensory jars
- 18 Sep – Frozen fruit painting
- 25 Sep – Bubble pop & games



**REGISTER YOUR
INTEREST OR
JUST TURN UP:**

Naremburn Family Centre
P: (02) 8425 8700
SMS: 0481 602 083
E: intakefs@catholiccaredbb.org.au