OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWS Term 3 Week 7 - 3 September 2018

The Principal's Piece

Dear Parents and Friends,

It's Week 7, "Wellbeing Week"!

It's the time of the term we must seriously remember "Rule #6" at OLD.

Yes, it's the time we remember to slow down and take stock of how seriously we are living our lives. I think the following story just might even slow us down to 100 km/h.

Two Prime Ministers were sitting in a room discussing affairs of state. Suddenly a man bursts in, apoplectic with fury, shouting and stamping and banging his fist on the desk. The resident Prime Minister admonishes him: "Peter," he says, "kindly remember Rule Number 6," whereupon Peter is instantly restored to complete calm, apologises, and withdraws.

The politicians return to their conversation, only to be interrupted yet again twenty minutes later by a hysterical woman gesticulating wildly, her hair flying. Again the intruder is greeted with the words: "Marie, please remember Rule Number 6."

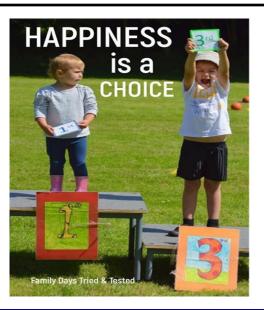
Complete calm descends once more, and she too withdraws with a bow and an apology. When the scene is repeated for a third time, the visiting Prime Minister addresses his colleague: "My dear friend, I've seen many things in my life, but never anything as remarkable as this. Would you be willing to share with me the secret of this Rule Number 6?"

"Very simple," replies the resident Prime Minister. "Rule Number 6 is, 'Don't take yourself so damn seriously."

"Ah," says his visitor, "that is a fine rule." ... After a moment of pondering, he inquires further, "And what, may I ask, are the other rules?"

The resident Prime Minister simply replies, "There aren't any!"

(You can read more about Rule Number 6 in Zander's book, "The Art of Possibility)



COMING EVENTS

September

Fri 7 Yr 6 Bake Stall Sun 9 Yr 2 Mass 9am Thurs 13 Fiver for a Farmer Fri 14 OLD Feast Day Mass Sun 16 OLD Feast Day Mass 10.30am Wed 19 Pizza Lunch Day

Fri 21 OLD Official Community Garden opening 9am

> Mon 24 Creative Arts Festival

Thurs 27 Yr 5 Book presentation

Fri 28 Term 3 Concludes

October

Mon 15 Term 4 Commences

Summer Uniform Change over

Sat 27– Sun 28 Band Camp

December

Wed 19 Term 4 Concludes

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

Our Lady of Dolours



The Principal's Piece cont.

OLD Feast Day, Sunday 16 September 2018:

Everyone is warmly invited to a day of excitement coming up in three weeks on Sunday 16 September 2018.

Following are the important times / events on during this day:

- Fr Jim and Bishop David Walker will celebrate Mass at 10.30am
- 12pm BBQ
- Following the BBQ, there will be various 'performances' by students and parishioners etc (OLD School Band 12.45pm)

Don't Forget the OLD School Feast Day Mass Friday 14 September 9am:

Parents and Friends are warmly invited to the OLD 'whole-school' Feast Day Mass, Friday 14 September 9am.

Barry Davidson – Former Band Manager at OLD School:

Not all of you will know Mr Barry Davidson - (he was our OLD Band Manager for many years up until mid-way through 2017) but those of you who do, will recall him as a generous, dedicated and talented man who managed a very successful Band Programme at OLD.

Unfortunately Barry received some bad news regarding his health earlier this month and has only recently begun to get some final answers which I can now pass on to you all. After developing a bad cough and undergoing a series of tests, Barry has been diagnosed with Lung Cancer.

Barry has a strong support network of family and friends around him, and is approaching this challenge with the resolve and positivity we would expect from him.

I respectfully ask that we all please keep Barry in our thoughts and prayers in coming weeks and months.

Congratulations to Gwenaelle and Charlotte:

Congratulations to Gwenaelle and Charlotte of Y6 who participated in last week's North Shore Cluster Public Speaking Competition at Corpus Christi School, St Ives. The girls had to present a 3 minute prepared speech as well as a 1 minute impromptu speech. Suffice to say, they both wowed the audience and presented extraordinary speeches.

The level of the competition was impressive with the adjudicators taking a long time to decide on the top 3 finalists. We are proud to announce Charlotte came 3rd receiving a special medal.

Both girls should be congratulated for their efforts in the wonderful way they represented our school.

Congratulations ladies!

Kylie & Philip



The Principal's Piece cont. Official Opening of the Ferguson Lane Community Garden: I am really pleased to finally announce the official opening of the Ferguson Lane Community Garden: Friday Sept 21 – 9am Everyone is warmly invited to a special Smoking Ceremony that will commence in our school grounds at 9am. Naplan (Years 3 and 5): News just in has confirmed that Naplan results will arrive at schools during the week commencing Monday 10 September. P+F Leadership/Engagement/Levy Survey Results: The results of the recent 'Monkey Survey' re P+F Leadership/Engagement/Levy clearly revealed the vast majority of OLD families are in favour of commencing 2019 with a slightly different P+F focus. FYI, the results were overwhelmingly in favour of option B Which of these options do you want at O.L.D.? Answered: 65 Skipped: 0 I think that our school c I think that our school c. 0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100% ANSWER CHOICES RESPONSES * I think that our school can be best managed with the following:o An Advisory Group (as per CSO 15.38% 10 A P+F Leadership Team similar to what OLD expectations from 2019 onwards) ... Meeting once per termo has now, with elected members ... Meeting once per term - (NB The role of 'class parent' leaders for each class will continue to be critical)o Annual fundraising events and programmes need to be inspired and managed to raise approximately \$20,000 - (ie as we presently do with event like the recent "Sports Marathon") I think that our school can be best managed with the following:o 84.62% 55 An Advisory Group (as per CSO expectations from 2019 onwards) ... Meeting once per termo A P+F Leadership Team that exists solely to promote and build 'engagement' ... Meeting once per term - (NB no fundraising and therefore no P+F Treasurer required according to the P+F Constitution) ... (NB The role of 'class parent' leaders for each class will continue to be vital to build, promote and sustain 'engagement')o An Annual P+F fundraising levy of \$100 per family within school fees - (With no formal/major fundraising as we presently do throughout the year ... (NB we can still have Mission fundraisers like Project Compassion etc - We will also continue to host annual events like the recent "Sports Marathon", but it will be 'just for fun' with no fundraising) TOTAL 65

From 2019 onwards, there will be:

- \$100 'per family' P+F levy in place of the usual fundraising - (This will effectively raise around 20K and allow the P+F to 'gift' improved facilities and/or learning resources for the students ... (ie the long-standing yearly tradition at OLD has seen the P+F 'gift' around 20K for student facilities/resources)

- More energy will be directed towards 'engagement' activities for Parents and Friends (ie 'social' without the need to drive fundraising)

- Money can still be raised for Mission initiatives, Year 6 Graduation, and the occasional 'Principal approved' initiative ... but contributions to all of these are strictly voluntary

- No P+F Treasurer will be required on the P+F Leadership Team

The Principal's Piece cont.

Fathers' Day Breakfast

Thank you, sincerely, to the wonderful band of mums and parent helpers who so kindly made sure the Fathers' Day Breakfast was indeed a very special event. Thank you to Catherine Moores for being the overall co-ordinator. Indeed there was a bevy of helpers....

Thank you also to: Janine, Soraya, Carmen, Rosalie, Selvia, Debbie, Shelley, Rachel, Lauren, Soe, Emi, Aine, Penny, Harshini, Bernadette, Tamara and Angel.

(P.S I apologise if a name has been omitted from this list).

Summer Uniform Change-over:

The date for 'change over' to summer uniform is 15 October 2018. (This will be bought forward in the event that hotter than usual weather is experience towards the end of Term 3. Notification of changes will be communicated in the newsletter).

Information for Parents regarding Child Protection Week at OLD:

All Stage 2 and Stage 3 students at OLD (ie Yrs 3-6) will participate in the "Virtual Classrooms Programme for Australian Catholic Schools" in National Child Protection Week 2018 - Thursday 6th September.

This initiative is an important part of the mandatory requirements teachers address in their general learning and teaching programmes regarding 'Child Protection'.

Please also note that all children will be bringing home a parent information pamphlet on Child Protection in our School today.



Welcoming Mercy students into OLD for the remainder of 2018

We look forward to welcoming students from Mercy into our spare classrooms from next Monday 10 September until renovations at Mercy College are complete at the end of 2018.

The Assistant Principal's Piece

Creative Arts Festival

Our Creative Arts Festival has officially been named...

Colour My World

Tickets are on sale through the Ticketek website:

http://premier.ticketek.com.au/Shows/Show.aspx? sh=COLOURMY18



This year the programs have been designed by the students

IMPORTANT INFORMATION:

Monday 24th September

8.45 am:

Students arrive at school for rehearsal at the Concourse in their sports uniform

1.15 pm:

After rehearsal, students may leave school at 1.15pm. Parents MUST <u>sign their child out from their</u> <u>classroom</u> (If someone else is picking up your child on that day, you will need to send in a note to the class teacher)

5:45 pm

Kindy students arrive at school via Ferguson Lane gate, dressed for photographs in the Library. Girls will be given a wrist corsage and boys a flower for their button hole on the night. Kindy parents leave the children in the school library with their teachers and the photographer and go to the concourse. **NO PARENTS ALLOWED IN THE LIBRARY** as the professional photographer is on a strict time limit to do the job. Teachers will then walk the children over to the Concourse.

Band and Choir children arrive dressed to perform . They are to meet on the COLA at 5:45pm. A note will be handed out to all band and choir performers within the next week.

6.00 pm:

All other children arrive dressed in their full costumes via the **Ferguson Lane Gate only** and go straight to their classrooms – ONLY Kindergarten children go to the library. Parents leave their children with the teachers and proceed to The Concourse. Teachers then walk the children over to The Concourse prior to the start of their performance.

6.30 pm:

Concert Hall doors will be open from 6.30pm

7.00 pm:

Concert Starts YOU MUST BE SEATED

We ask that there is <u>NO PHOTOGRAPHY</u> of any kind during the performance as this detracts from the experience of those in the audience. Please note the concert is filmed professionally and you have the opportunity to purchase the link (Information about this will be distributed next week).

The Assistant Principal's Piece cont.

9.00 -9.15 pm:

Concert due to finish. Each class will have a designated pick up area – this information will be given out in future newsletters. Teachers will hold up a sign with their class name on it.

Kindergarten students will be picked up from the front of the stage. Please follow the directions

given on the night.

Children in Year 5 & 6 will assist in bringing equipment back to school

9.30 pm:

Year 5 & 6 are to be collected and signed out from the library at school.

VERY IMPORTANT INFORMATION:

All students are to be signed in and out with the classroom teacher if they leave school early on Monday and when they arrive on Monday night.

On Tuesday 25th September you child can have a sleep in and arrive by 11am. All children arriving after the 8.45am bell must be signed in by their parents at the front office.

Gymnastics Grant

We have been awarded a sports grant to have an outside company come in a teach the children gymnastics. We were awarded this grant in Term 1 also and the children absolutely loved their lessons. Gymnastics is part of the PDHPE syllabus, however, teachers must have a certification in coaching before they are permitted to teach the children safe and correct methods for the specific skills of gymnastics. Therefore, we choose to use our grant money for expert coaches to run these sessions. This term the sessions will be a mix between gymnastics and obstacle courses, which have become very popular with the television series 'Ninja warrior'.

These sessions are at no extra cost to parents as we are spending the grant money on hiring professional coaches. This session will be an additional sport lesson for the children the week they are scheduled in.

Please see below when your child/ren will be participating in their gymnastics lessons.

The children will need to wear their sports uniform on this day (as well as the usual sport days)

THURSDAY	Week 7	Week 8	Week 9	Week 10
	6 th Sept	13 th Sept	20 th Sept	27 th Sept
Session 1	Year 2	Year 3	Year 4	Year 5 & 6
11.40-12.10				
Session 2	Year 2	Year 3	Year 4	Year 5 & 6
12.10-12.40				

Religious Education—Mrs Kathy Gray

Term 3 Social Justice Focus: The Environment

This week's environmental focus is NUDE FOOD. The challenge for parents this week (and hopefully into the future as well), is to pack a school lunch without packaging (ie food is packed in reusable containers). This will reduce waste and be good for the planet.

Fathers' Day Whole School Mass

Thank you to the many father figures who were able to attend our School Mass last Friday. Many thanks also to Fr Jim, Mrs Hoy and the music group, the Year 1 and Year 3 teachers/students for organising the Mass. We hope you all had a lovely Fathers' Day on Sunday.

Year 6 Bake Sale THIS Friday 7th of September

We need your support!!! This is the Year 6 major fundraising event for their Graduation. The homemade items will not disappoint!

Please return the permission note that came home last week (and again this week) to enable your child to make purchases from the Bake Sale. You can also purchase things from the Bake Sale at pick up time. There are also gluten, egg and nut free options available!



All purchased goods will be taken home and consumed at home.

DATE CHANGE FOR Up and Coming Social Justice Events for the Environment

Week 8 – On Thursday of Week 8 NEXT WEEK (13th of September) we will be "Farmer Thursday" to raise money for our Australian farmers who are experiencing severe drought. We will be asking for a 'fiver for the farmers'. Donations can be made through Qkr.

Student are asked to come dressed as a farmer for the day, that is, farmer mufti.

SO START GETTING YOUR FARMER GEAR READY 'YEE ALLLL' FOR NEXT THURSDAY!

Where will our money go?

<u>Rural Aid</u> - A central point of focus to provide assistance and relief for Farmers in distress and poverty. <u>Drought Angels</u> - A unique service offering drought relief through support for rural families in need. A small charity run by big hearts.

See the following link for more information: https://afiverforafarmer.com.au/

Week 9 - On Wednesday of Week 9 (19 September) we will be having we will be having a **Pizza Lunch** to go hand in hand with raising awareness of *Nude Food*/recyclable packaging. Funds raised will go to Catholic Mission. More information to follow.

The Sacrament of Confirmation

Please keep in your prayers those preparing for Confirmation.



Religious Education—Mrs Kathy Gray

Year Two Class Mass



The Catholic community of Chatswood invites Year Two children and their families to a special Mass for Year Two at the

9am Family Mass

Sunday 9 September 2018

A family-friendly celebration at Our Lady of Dolours Catholic Church 94 Archer St Chatswood

The Year Two children will receive a special blessing followed by morning tea in the school playground.

> Please bring a plate to share. All welcome!

Year 6 news

All purchased goods will be taken home and consumed at home.





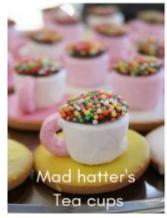


Year 6 cordially invites you to the

Bake Sale 2018

Friday, 7th September 2018

1.45 pm - 3.30 pm











Year 6 news



Thursday 30* August 2018

Dear Parents & Carers,

Year 6 Homemade Bake Sale: Invitation to Buy!

On Friday, the 7th September, Year 6 is holding their annual fundraiser, which is a homemade *Bake* Sale. All money raised will go towards helping cover the cost of their Graduation Dinner ticket and the Yearbook. It will take place from 2:30pm – 3:30pm, with stalls being in both the infant and primary areas, and out the front of the school on Archer Street.

You, along with your child/ren, are invited to bring silver and gold coins in on Friday to purchase from the wide selection of sweet and savoury goods that will be on sale. Prices will start at 50c for lolly bags & biscuits and reach \$10 for items like whole cakes.

Please note that baked goods may include eggs and nuts, however, there will be a small selection of goods that will be egg and nut free. Any children with allergies must have an adult with them when making purchases.

PLEASE NOTE THAT NO PURCHASED CAKES/BISCUITS ARE TO BE EATEN AT SCHOOL ... ALL PURCHASES MUST BE TAKEN HOME FOR PARENTS TO MANAGE CONSUMPTION – THANK YOU.

Children are to be accompanied by an adult when buying from the bake sale. However, if your child goes to After School Care, Walking Line or Kirk Street and won't have an adult present- they will be required to bring the below permission form with them if they are to purchase something. Any concerns or questions, please don't hesitate to email me at <u>kathryn.gray@dbb.catholic.edu.au</u>

Kind regards,

Mrs Kathryn Gray		
Year 6 Classroom Teacher		
l,		_, give permission for my child,
	, in class	, to purchase items from
the Year 6 Bake Sale without an	adult present.	
Signed:	Date:	
94a Archer Street, Chatswood NSW 20 www.old.dbb.catholic.edu.au	067 Phone: (02) 9419 2645 Email: old@dbb	. catholic. edu. au

Please join us for the official Opening Ceremony of our OLD Community Garden.

Then













Now

Our official opening will take place on Friday 21 September 2018.

Attendees are invited to meet in the main school grounds at 8.50am.

Proceedings will take place from 9am with a Smoking Ceremony to be followed by a garden walk-through.

We look forward to you joining us for this special event.



Introducing the O.L.D Basketball Academy! ... And it all 'happens' on OLD School grounds 'before school'!

I am very pleased to announce that we are trialling a new initiative – professional basketball coaching sessions for our students on Friday mornings!

Sessions will be led by <u>Alek Horenko</u> with over 15 years coaching experience – he is the Current NSW U18 Women's State Team Head Coach, State Performance Program Coach, Head of Ascham Basketball and Lead Development Officer for Junior Basketball at Norths.

The Basketball Academy has kindly donated hoops to our school for our students to practise and learn with.

If all goes well, the program will extend into Term 4.

The nitty gritty is below:

When:

Starts this Friday, 7th SEPTEMBER start till 28th September (end of term 3).

Time:

<u>Fridays, 7:15am – 8:15am</u>

Cost:

\$67 for 4 sessions

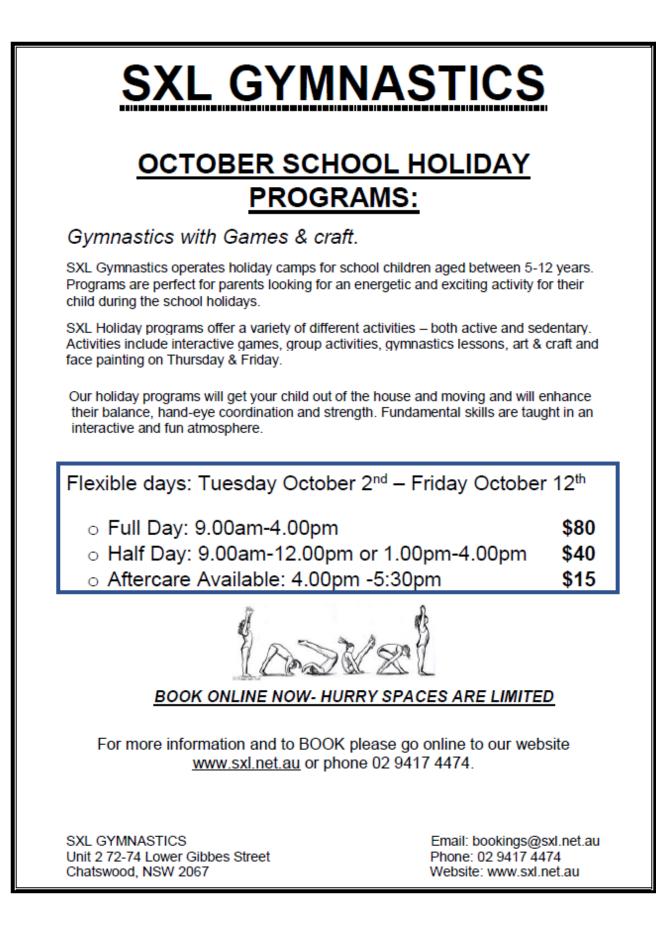
Parents can simply register their child(ren) online and pay via any means that suits them.

www.findmycoach.com/olod-basketball

Please note that the Basketball Academy has the relevant insurance to satisfy the CSO's requirements.

ALL WELCOME!

Janine Webster





what is nude food?

NUDE FOOD is simply food that is not wrapped in foil, plastic or commercial packaging.

The best type of nude food consists mainly of fresh food, so that it is healthy and nutritious PLUS environmentally friendly.

Promoting Nude Food empowers students to make conscious choices about what they eat, and encourages them to think about their impact on the environment (and their health). You might be amazed with how enthused your child can become on this...

TO PACK A NUDE FOOD LUNCH OK SNACK, YOU VILL NEED:

- Cutlery from home is better than throwaway plastic ones
- Plastic or metal drink bottles are recommended for refilling with water
- Reusable containers for putting all of your food, snacks and drinks into
- Lunch boxes that have lots of separate sections can be useful to avoid lost lids or containers

🗶 TRY TO AVOID:

- Zip lock or plastic bags, plastic wrap or aluminium foil
- Tetra packed drinks, single serve yoghurts and cheese
- · Single use plastic forks and spoons
- Prepackaged food, i.e. biscuits, snack bars and chips

TIPS FOR PACKING WUDE FOOD LUNCHES:

- Try to involve the kids in helping decide what to take. This will help to avoid uneaten foods being thrown out, plus will save your family money as well. Also, remember to praise your child if they do eat something healthy which is new for them.
- Try to pack the lunches the night before and store in the fridge overnight to avoid the mad rush in the morning.
- If your child normally enjoys chips, yoghurt or other prepackaged snacks, buy these in a larger format and you can decant these into smaller reusable containers or lunchbox.
- If your child does enjoy chips, why not try making your own veggie versions using sliced beetroot, parsnip or sweet potato and baking in the oven?
- Try to use fruit and vegetables that are in season. Seasonal produce is friendly to the environment as well as to your budget, as less fuels are used to transport it into your supermarket.
- Go to www.nudefoodday.com.au/resources for Nude Food recipe ideas.



SCHOOL HOLIDAY WORKSHOPS



Think Club Australia provides experiential workshops for the inquisitive, problem-solving, creative and capable primary school child. Our one day, hands-on workshops are enjoyable, fun and interesting.

> For more information on our workshops or to book please visit our website: www.thinkclubaustralia.com



MONDAY 8TH & TUESDAY 9TH OCTOBER 2018

9am - 3.30pm, Sydney Boys High School, Moore Park, Sydney

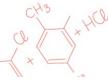


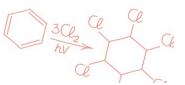
SCHOOL HOLIDAY PROGRAMS AT MACQUARIE UNIVERSITY - mq.edu.au/about/holidays

- · Children are introduced to science concepts and skills in a safe and supervised environment.
- · Courses teach the concepts through experiments, art, drama, physical activity, craft and other hands-on activities.
- Students are provided with experiences and activities that help them to understand a concept or gain knowledge in an active way.
- · Courses are added and rotated each school holidays, and drop off and pick-up times are designed for the working parent.
- The Junior Science Academy is for children in Years K-6 in primary school.



Drop off	8.30am – 9.30am
Activities	9.30am - 4.30pm
Pick-up	4.30pm – 5.30pm
Cost	\$122





	Mon	Tues	Wed	Thurs	Fri
23 July 2018	PUPIL FREE DAY	Rosalie Keledjian Seda Gulessevian	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 Gulessevian	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 Oganesian	Rachel Davidge-Hill Debbie Liu	Selvia Wijaya Vivian Tang
24 September 2018	Marilyn King Trish Seeto	Rosalie Keledjian Seda Gulessevian	Elaine Lin Kylie Sendlhofer	Michelle Go-Chin Cynthia Lai	Janelle Arena Zoey Cortese



BIRTHDAY ICEBLOCKS PURCHASE FROM CANTEEN



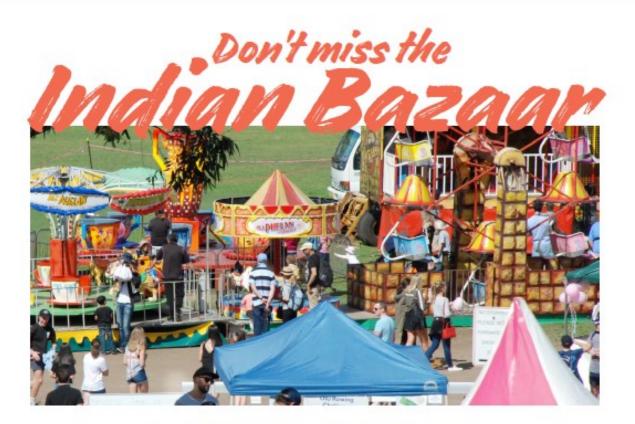
As you are aware, there is no sharing of lollies, cakes or any food treats at school for birthdays.

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.



Jesuit Mission Indian Bazaar Saturday 15th September from 9am - 4.30pm at St Ignatius' College, Riverview



Enjoy over 50 stalls, rides and activities for all ages!

St Ignatius' College has provided ample onsite parking and a courtesy bus from Lane Cove Village.

You are warmly invited to attend. Pre-purchase and save at https://jesuitmission.org.au/indian-bazaar/



All funds raised support the work of Jesuit Mission, helping the most marginalised communities in over 10 countries. For more information visit: <u>www.jesuitmission.org.au</u>

