

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWS Term 4 Week 7 - 26 November 2018

The Principal's Piece

Last Sunday was the end of the Church liturgical year, "The Feast of Christ the King". This coming weekend, we celebrate the first week of Advent.

At the OLD 9am Mass on the weekend, Bishop David Walker spoke specifically to the students of Year 6 who received special 'attention' at this "Year 6 Transition to High School Mass". Bishop David asked the students to do two things – particularly during Advent:

"Jesus is your friend ... We talk to our friends ... Make sure you talk to Jesus"

"When you talk to Jesus, do as he asks ... Indeed, Jesus simply asks us to love all 'others' like He loves us"

I hope and pray that we (ie we adults) can try to do what Bishop David has urged the students to do too.

One final note: I am still watching and waiting for our Advent agapanthus plants outside the office to show at least the flower bud on a long stalk ... I can't see a thing!

Special Invitation for all Parents:

I am pleased to invite all Parents and Friends to a special Thank You Afternoon Tea on **Friday 30 November 2.15pm**.

At this Thank You Afternoon Tea, there will be more than a slice of cake and coffee; I am excited to announce that there will be live entertainment provided by the students in our Junior Choir and Senior Choir.

We hope to see you 30/11/18 @ 2.15pm in the COLA.

From all the staff and students at OLD.

Tuesday Morning Masses 8am – Alternatively at St Pius/Mercy College:

During 2018, many OLD students, staff and parents have benefited from the Tuesday morning Masses at St Pius/Mercy.

This morning (27/11) OLD presented a thank you gift to St Pius. The gift was a candle with three school logos (ie Mercy, St Pius, OLD). Next week Tues 4 Dec at 8am we will present a similar gift to Mercy College. The accompanying photo is of Gwenaelle and Gabby presenting the gift this morning.

I thank Mrs Gray for organising the wonderfully special gifts ... Everyone is welcome to attend!



COMING EVENTS

Thurs 29 Year 6 Graduation
Liturgy 10am

Fri 30 P&F Thank you
afternoon tea 2.15pm

December

Mon 3 Parent Session on
MAI Assessments 6pm

Wed 5 Band performance
Westfield Chatswood
1.30pm

Wed 12 Swimming Carnival

Thurs 13 Choir performance
Westfield Chatswood
1.30pm

Fri 14 Andrew Chinn
Christmas Concert 5pm

Wed 19 End of year Liturgy
10am

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 Principal's Piece CONT.

P+F Leadership Team:

I will be meeting with the 2019 OLD P+F Leadership Team this evening (27/11) for the first time. This will be a critical meeting to plan for the full 2019 year.

I remind all families that the OLD P+F Leadership Team exists primarily to lead, promote and build 'engagement'.

Just as a reminder, our School P+F Leadership Team for 2019 is:

President - Catherine Moores (Grace KB and Alex 3G)

Vice President - Kate Stipo (Liana 5B and Sophia 3B)

Secretary - Philip Munro (Lana 1B)

Class Parents' Leaders- Katerina Planska and Katie Crichton (Kristof 1B & Francesco 4G and Benjamin 1G & Jasmine 3G)

OLD Advisory Council:

The OLD Advisory Council had its first meeting last week on Tuesday evening.

This meeting was an important 'get to know you' meeting, but it also served to reinforce the purpose of the group.

The following is what we, as a team, are aspiring to:

- We will be impartial, objective and capable of representing the wider school and parish body of people
- We will be representatives 'of the people', 'for the people'
- We will network effectively within the school/parish community
- We will be people of action, not just 'advisors'
- We will be focused on the OLD School Vision/Mission
- At all times, we will have the students' learning and spiritual wellbeing at the centre of all decision making

Just as a reminder, our School Advisory Council representatives are:

Council Members:

Cassie Cook - Teacher

Camilla Brown – Teacher

Janine Webster – Niall KG and Callum 3G

Nigel Carpenter – Rachel 2G

Tamara Munro – Lana 1B

Richard Ang - Tessa 3B and Lindsay 6G

Bernadette Ho – Anastasia 1G and Genevieve 4G

Philip Ledlin - Principal

The Assistant Principal's Piece.

Parent Information Session: The MAI assessment: On Monday 3rd December; 6-7pm, I will be holding an information session to explain the MAI assessment. The MAI (Mathematical Assessment Instrument) is a one-on-one assessment that **ALL** children will participate in on the first day of the 2019 school year (as they have done so for the past few years). During this session I will be explain the purpose of this assessment; what kind of data it provides teachers and the school; what the assessment is teaching us about your children; how teachers use the data and I will be showing some examples of the questions. This is a very important assessment as it does not inform us of how fast your child can recite Mathematical facts, such as their times tables, but what strategies they use to problem solve. Please email the school if you will be attending this information session.

We still need your help!!!

Swimming Carnival Parent Helpers: Thank to all the parents and carers who have offered to assist at our Swimming Carnival on the 12th December – **we now have two very kind fathers offering to help us in the pool, thank you!** Please remember to let me know if your plans change and you are available to help.

Swimming Carnival dismissal: As the swimming carnival ends at 1.30pm parents have the choice to take their child/ren home directly from the carnival. However, students will not be dismissed until the carnival has concluded at 1.30pm. If you would like to take your child home directly from the carnival please fill in the form below and hand in to your classroom teacher ASAP (as we need to book buses). If pick up plans change please inform your class teacher via a **written note** prior to the carnival. Parents will be required to sign their child out from the teacher on duty on the colour house; NOT the classroom teacher.

Child's name:

Child's class:

Child's colour house:

I will be taking my child home directly from the swimming carnival at 1.30pm.

I give permission for _____ to take my child home directly from the swimming carnival.

I understand my child will be dismissed at 1.30pm, when they are signed out from the colour house teacher.

Name:

Signature:

Date:

Religious Education—Mrs Kathy Gray

Year 6 Parish Mass Last Sunday – Thank you!

Thank you to the many Year 6 students and families who were able to attend the Year 6 Parish Mass last Sunday. Bishop David spoke to the students about what sets Catholic Schools apart from other schools and that it is our teachings about Jesus. Students will hopefully leave OLD with a strong connection with Jesus and feel His support and love throughout their lives. Jesus is your friend and just as you talk with your friends everyday you should also talk with Jesus.



Whole School Year 6 Graduation Liturgy – This Thursday!

The WHOLE SCHOOL LITURGY FOR THE YEAR 6 GRADUATION IS ON THURSDAY 29TH OF NOVEMBER at 10am. This is a major school event and we hope the whole school community all turns out for this special occasion to celebrate the graduation of these beautiful students. They have led the school and cared for all students throughout the year, so your attendance and support would be most appreciated.

Parents of Year 6 cannot miss this special Liturgy



Religious Education—Mrs Kathy Gray

Christmas Concert with Andrew Chinn – 5pm

An important **WHOLE SCHOOL EVENT** and date for your diaries: *Friday December 14th in the Church at 5pm*

All students will be performing with their classes and they will need to wear Christmas Colours, except for Year 2, who need to wear WHITE. Please note students go home at the end of the normal school day and return to school later. More details soon.

We look forward to seeing you there.



Christmas Social Justice Initiatives: collection ends this Friday!

Thank you to the **Year 2 classes** who are kindly leading our Christmas collection for **St Vinnies**. Please see the information in this newsletter for the food item request for your class.

Kindy are busy making and writing personalised Christmas cards for the elderly citizens at the **Dougherty Centre**.

Thank you to the whole school for your donations at the school disco. Some gifts were donated for the Kmart wishing tree and many items were kindly donated for Matt Talbott. It is so wonderful to be a part of a community that pulls together so generously for the care of the poor and vulnerable. Thanks again.





St Vincent de Paul Society
good works

OLD Social Justice Initiative:

St Vinnies Christmas Hamper Appeal

All items to school by Friday 30th November

In partnership with the local St Vincents de Paul, Year 2 and the school community are going to be involved in supporting families in need this Christmas and collect items for Christmas hampers.

The St Vincent de Paul Society in Australia has more than 60,000 members and volunteers, who work hard to assist people in need and combat social injustice across Australia. Internationally, the Society operates in 140 countries and has over 800,000 members.

The Vinnies Christmas Hamper appeal provides special goods for those in need during the Christmas season. By giving a gift to the Society, you are helping to make wishes come true for families in need this Christmas.

We would greatly appreciate the donations of items as follows:

(Please note: send items to your child's classroom teacher):

| | |
|----------|---|
| KB | Packet of long life custard |
| KG | Packet of jelly crystals |
| 1B | Tinned fruit |
| 1G | Tinned vegetables |
| Year 2 | Tinned Christmas ham, Christmas cake and pudding. Various Christmas decorations like bon bons, table cloths, stockings etc. |
| 3B | Jar of pasta sauce |
| 3G | Packet of pasta |
| 4B | Packet of biscuits |
| 4G | Packet of lollies and chocolates |
| Year 5 | Jars of spread e.g. jam, vegemite |
| Year 6 | Box of tea bags |
| Staff | Jar of coffee, milo and chocolate drink |
| Optional | Gift voucher for hamper |

IMPORTANT: no rusty cans or out of date food and make sure to only use non-perishable foods.

Year 2 have been busy learning about the importance of helping others and supporting people in their local community.

Thank you for your support.

AWARD WINNERS

Week 6



Messages from the office

Lunch Orders:

When you are ordering on QKR please ensure you tick the correct date for lunch order delivery and you proceed all the way through to the receipt received screen.

Leaving Students—end 2018

If your family is moving from OLD school at the end of 2018 (except Yr 6 families), please be sure to alert OLD via the form attached in this newsletter.

Return to school dates 2019:

Wed 30—Thurs 31 January: Best Start and MAI

Fri 1 February: 1st day Yr 1—6

Mon 4 February: Kindergarten 1st day 8.30-12

Tues 5 February: Kindergarten 1st full day 8.30-3pm



Community News

Fresh cut pine Christmas Trees

1st Willoughby Scouts

56 Laurel St, Willoughby

| | |
|-------------|------|
| Large Trees | \$95 |
| Small Trees | \$75 |
| Stands | \$30 |



Treat your family to a REAL tree this Christmas and help raise money for your local Scouts.

| | |
|-----------------------------------|------------|
| Friday December 7 th | 4pm-6:30pm |
| Saturday December 8 th | 9am-4pm |
| Sunday December 9 th | 9am-4pm* |

| | |
|------------------------------------|------------|
| Friday December 14 th | 4pm-6:30pm |
| Saturday December 15 th | 9am-4pm |
| Sunday December 16 th | 9am-4pm* |



*or until sold out



Our Lady of Dolours Catholic Primary School
94a Archer Street, Chatswood NSW 2067
Phone: (02) 9419 2645
Fax: (02) 9413 1998
Email: old@dbb.catholic.edu.au
Website: www.ldbdbb.catholic.edu.au

STUDENT LEAVING SCHOOL FORM

Parents are asked to complete the form below, and attach a letter advising us of the reason their child/ren are leaving Our Lady of Dolours Catholic Primary School. Return this form to the school. If you are leaving Australia you need to provide documents to prove your child will be studying overseas.

PLEASE PROVIDE ONE FORM FOR EACH OF YOUR CHILDREN ATTENDING THIS SCHOOL

CHILD'S NAME: _____ **CLASS:** _____

PARENTS NAMES: _____

LAST DAY AT SCHOOL WILL BE: _____

NAME OF NEW SCHOOL: _____

ADDRESS OF NEW SCHOOL: _____

HOME ADDRESS IF NEW: _____

NEW CONTACT TEL: _____

SIGNATURE OF PARENT: _____ **DATED:** _____

IS LETTER OF ADVISE ATTACHED: Y ☐ N ☐

HAVE DOCUMENTS BEEN SUPPLIED TO SCHOOL IF NEW SCHOOL IS OVERSEAS: Y ☐ N ☐

SCHOOL USE ONLY

FAMILY CODE: _____ **STUDENT CODE:** _____

STUDENT LEFT: _____ **DOCUMENTS ATTACHED: YES / NO**

SIGNATURES REQUIRED:

PRINCIPAL: _____ **CLASS TEACHER:** _____



GREAT FUN

- ★ Outdoor games and sports
- ★ Arts & Crafts
- ★ Playing with friends
- ★ Great Educators
- ★ Food and Cooking
- ★ Indoor Activities



To book, visit:
www.campaustralia.com.au
or call 1300 105 343

What we've been doing in OSHC at Camp Australia

Last week was a big week for Our Lady of Dolours. Thursday afternoon was the School Disco, so OSHC staff worked hard to ensure that children who were attending both After School Care and the Disco were taken care of and supervised to and from the event. We thank all the parents/ caregivers who communicated their needs to us; this helped the afternoon run a lot smoother than anticipated. Please remember that we are happy to help in situations such as these, simply ensure that you communicate with us openly. With regards to the rest of the week, children had a lot of fun engaging in art, sports and group games. Some of the most popular activities included making dream catchers and the salt paintings.



We take pride in our Program as it is strongly influenced by information given to us by the children via their child profile maps. Ideas also come from observations and written suggestions.

Our Program for this week looks like this:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|--|----------------------------|--|-----------------|
| Origami Fish + Dodgeball | Flower and Leaf Art + Cooking Activity | Paddle Pop Abstract Art | Paper Plate Snails + Educational Video | Calico Drawings |

Hope to see you soon!

-From Melissa and your OSHC Team.

For bookings, cancellations and general enquiries, please contact the Camp Australia Customer Care Team on 1300 105 343 – they are available 24 hours a day, 7 days a week.

If you wish to speak directly to your OSHC Team please contact us using the Our Lady of Dolours OSHC Service

Mobile:- 0424 596 763.

visit www.campaustralia.com.au

we make kids smile

PARENT EDUCATION PROGRAM



1-2-3 Magic Workshop
Building Emotional Intelligence & managing 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.

This program supports parents and caregivers with effective strategies to help their children self-regulate and manage their emotions and behaviour.

Program consists of 3 x 2 hour sessions, working through a parent resource booklet.



This is a FREE workshop

Brought to you by the
Parent Education Team,
Catholic Schools Office.



Session 1; 20th March 2019, 9-11am

Session 2; 27th March 2019, 9-11am

RSVP to the **School Office** or email

old@dbb.catholic.edu.au by December 15th 2018

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

YES! I will be attending the "1-2-3 Magic" workshop

Name(s) _____ Child's Class _____



MERCY CATHOLIC COLLEGE
CHATSWOOD Est. 1890

Providing Excellence in Teaching and Learning since 1890

At Mercy College we recognise a girl's individual talent and strive to provide positive experiences so each may realise their full potential. We aim to develop young women who will be resilient, respectful, compassionate, independent and leaders of the future.

Through excellence in education, our young women are inspired to become critical and creative thinkers and leaders with a sense of social responsibility and discipleship.

**Accepting applications
for Year 7, 2021 now**



Catholic Girls Secondary College, Years 7 – 12

Mercy Catholic College 101 Archer Street, Chatswood NSW 2067

Phone: 02 9419 2890 | www.mercychatswood.nsw.edu.au



 **SCHOLASTIC**

Book Club

We are seeking 2 helpers
next year to help out 3 times a year
to help distribute book orders.
If you are able to help on either
Tue or Wed please contact:
oldscholasticbookclub@gmail.com

Regards,
Julie Roman

orders are due:

9AM FRIDAY 30TH NOV

Join Band!



Is your child interested in joining the school band? The school band is now taking enrolments for 2019 and is open to all students currently in years 2-5. No prior experience is required.

In Term 4 students will see a demonstration concert at school that highlights the different instruments available for tuition. They will receive a green School Band Program note providing introductory information.

What do you need to do? Return the expression of interest from the bottom of the green note to try a variety of instruments with trained music tutors, to help your child find the instrument to which they are best suited. The results of this instrument trial will be sent home with comprehensive enrolment information.

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer! TSA provides a quality instrumental program, with full ensemble rehearsals, great value tuition and rent-to-buy instrument hire.

For more information on your school instrumental program, please contact TSA below.



ABN 43 099 422 129
PO Box 87 Kenthurst NSW 2156
Unit 31 / 286-287 New Line Rd Dural NSW 2158
office hours Monday - Friday 9am - 4.30pm
phone (02) 9651 7333 fax (02) 9651 7133
email info@teachingservices.com.au

Community News



BE PART OF OUR PARISH WORKING BEE

On Saturday, December 1st at 8am to 11am, we will prepare Our Lady of Dolours Parish for Christmas, including setting up the Nativity Scene. We will need all hands on deck so please drop in if you are free!

QUERIES TO REGINA@SAXONCOLE.COM



Our Lady of Dolours Primary School

Term 4 Canteen Roster



| | Mon | Tues | Wed | Thurs | Fri |
|------------------|------------------------------------|---------------------------------------|---------------------------------------|-----------------------------------|------------------------------------|
| 15 October 2018 | Zoey Cortese Ramona Sacre | Seda Gulessebian | Ofelia Delosreyes Kylie Sendlhofer | Michelle Go-Chin Melissa Chung | Selvia Wijaya Vivian Tang |
| 22 October 2018 | Jen Montealegre Jo Mannering | Stella Bae Julia Kwak | | Rachel Davidge-Hill Debbie Liu | Michelle Stanley Rachel Ullmann |
| 29 October 2018 | Tom Allen Glenn Desertine | Carlyn Linders Portia Yu | | Cynthia Lai | Tina Tian Katie Zhang |
| 5 November 2018 | Ann Bacsí Michael Corbett | Amy Chan Laura Hurrell | Natt Yusathaphorn Elaine Lin | Nicole Chow Mikhael Chammaa | Rachel Ullmann |
| 12 November 2018 | Rachel Mensforth Kate Stipo | Eva Martinez Ruby Yang | Ofelia Delosreyes Kylie Sendlhofer | Debby Liu | Nicole Woods Tracy Li |
| 19 November 2018 | Ruby Yang Amy Chan | Glenda Chan | Christine Lee Sally Park | Melissa Chung Julie Hiser | Selvia Wijaya Vivian Tang |
| 26 November 2018 | Alison Henderson Alison Guthrie | Marcia Corbett Laura Hurrell | Jackie Fung Katerina Trani | Lily Setiawan Soehan Wiraputra | Katerina Trani Michelle Stanley |
| 3 December 2018 | Tom Allen Glenn Desertine | Ruby Yang Jo Mannering | Ofelia Delosreyes | SWIMMING CARNIVAL | Katie Crichton |
| 10 December 2018 | Ruby Yang Amy Chan | | Ann Bacsí (bday) | Rachel Davidge-Hill Debbie Liu | Selvia Wijaya Michelle Go Chin |
| 17 December 2018 | Marilyn King Trish Seeto | Rosalie Keledjian Seda Gulessebian | Janelle Arena Zoey Cortese | | |

Above is the canteen roster & there are still a few spots to fill. The canteen is open Monday – Friday 12.40—1.40pm, so just an hour of your time is all that is needed. If you are able to fill and of the orange highlighted spots please email olodcanteen@yahoo.com.au

The kids thank you for your assistance!

BOOK NOW
AUSTRALIANSPORTSCAMPS.COM.AU



LEARN NEW SKILLS AND IMPROVE YOUR GAME! 3 DAY SPORTS CAMPS FOR 6 - 16 YEAR OLD'S

- Experienced coaching panel and guest stars attending.
- Have fun playing and keeping active with your friends.
- Our structured skill development programs run 9am - 3pm daily.
- Meet your sporting idols, learn and be inspired by the best.
- Individual written coaches report reinforces learning.
- Video analysis and coach feedback sessions for fast improvement.
- Coach to participant ratio of 1 : 10 ensures individual attention.
- Careful group selection to maximize enjoyment and results.
- Autographed group photo and certificate of achievement.
- **SEE WEBSITE FOR ASC CAMPS PRICING AND SPECIAL OFFERS**

ASC PARTNER PROGRAMS

- Get active with a new range of partner programs.
- New sports, new programs, new areas.

* Applies only to ASC Camps

ASC™
AUSTRALIAN
SPORTS CAMPS
1300 914 368

SYDNEY NEW SOUTH WALES

Meet sports idols at our camps. Past stars included Kevin Sheedy, Justin Langer, Ange Postecoglou, Kim Ravaillon and Caitlin Bassett. See the website for more details.

ASC 3-DAY CAMPS

Basketball

9, 10 & 11 January
NSW Basketball Camp,
Kensington

16, 17 & 18 January
NSW Basketball Camp,
North Ryde

Cricket

19, 20 & 21 December
NSW Cricket Camp, Daceyville

15, 16 & 17 January
NSW Cricket Camp,
Hunters Hill

Hockey

19, 20 & 21 December
NSW Hockey Camp,
Daceyville

Netball

9, 10 & 11 January
NSW Netball Camp,
Kensington

15, 16 & 17 January
NSW Netball Camp, Ryde

Soccer

19, 20 & 21 December
NSW Soccer Camp,
Daceyville

16, 17 & 18 January
NSW Soccer Camp,
North Ryde

ASC PARTNER PROGRAMS

ASC have teamed up with some amazing and reputable partner companies to offer a wider variety of sports in your area! Duration and pricing for these programs differ depending on the program, please visit our website for all the details and choices!

Golf

See Website
NSW Golf Program,
Northbridge

Multi-Sport

See Website
NSW Multi-Sport Program,
Brunswick Heads

Speed & Agility

18 January
NSW Speed & Agility Super
Clinic, North Ryde

Tennis

10, 11, 12, 13 & 14
December
NSW Tennis Program,
Chatswood

17, 18, 19, 20 & 21
December
NSW Tennis Program,
Chatswood

7, 8, 9, 10 & 11 January
NSW Tennis Program,
Chatswood

14, 15, 16, 17 & 18 January
NSW Tennis Program,
Chatswood

21, 22, 23, 24 & 25
January
NSW Tennis Program,
Chatswood

**NOW
OPEN**

**GO TO ASC.CAMP/BOOKINGS
TO BOOK SUMMER CAMPS
OR FIND INFORMATION**

**NOW
OPEN**

**GO TO ASC.CAMP/BOOKINGS
TO BOOK SUMMER CAMPS
OR FIND INFORMATION**



DAD'S INFANT MASSAGE

A popular program for pre-crawling babies aged 0 – 7 months and Dads.



Saturday's
10.30am - 12.30pm
Term 1:
9 Feb - 2 Mar 2019
Term 2:
11 May - 1 Jun 2019
Term 3:
3 Aug - 24 Aug 2019
Term 4:
26 Oct - 16 Nov 2019



**Northern Beaches
Family Centre**
116/20 Dale Street,
Brookvale



**Cost
FREE**

We all need touch and with it, babies thrive. Run by a certified infant massage instructor, *Infant Massage* offers a range of benefits that come with massage and nurturing skin-to-skin contact.

Infant massage is beneficial for:

- Bonding
- Learning baby's body language
- Baby's health development
- Sleeping and settling
- Colic and tummy troubles
- Parent confidence
- Relaxation.

We provide:

- Your own bottle of organic cold-pressed oil
- Towels, cushions and blankets
- Morning tea
- A folder for weekly handouts.

**BOOKINGS ARE
ESSENTIAL**

P: (02) 8425 8700
E: nfc@catholiccaredbb.org.au



KEEPING KIDS IN MIND

A 5 week course for parents experiencing conflict after separation.



Wednesday's
6.00pm – 8.30pm
13 Feb – 13 Mar 2019

Wednesday's
6.00pm – 8.30pm
31 Jul – 28 Aug 2019



**Northern Beaches
Family Centre**
116/20 Dale Street,
Brookvale



\$100

This course is designed to assist parents to see through their children's eyes the experience of parental separation. You'll also develop a greater understanding about how to support your children.

Topics include:

- Grief and loss after separation
- The hidden world of children
- Rebuilding resilience
- Bridging the gap
- Looking back, moving forward

Keeping Kids in Mind is facilitated by qualified and experienced counsellors, social workers, mediators and educators. Participants must register, participate in a pre-group interview and pay prior to attending the course.

Keeping Kids In Mind

**BOOKINGS
ESSENTIAL VIA:**

P: (02) 8425 8700
E: nfc@catholiccaredbb.org.au



BRINGING UP GREAT KIDS

A four week program to build confidence in your parenting skills



Thursday's
14, 21, 28 March &
4 April 2019
10.00am - 12.00pm



**Northern Beaches
Family Centre**
116/20 Dale Street Brookvale



FREE

We know a loving, safe parent is the best relationship a child can have.

Our *Bringing Up Great Kids* program gives you knowledge about development, connection with others and an opportunity to reflect on your communication with your children.

When opportunities for mindful reflection are created, this can lead to positive change - including more respectful interactions and increased positive self-identity in children – and a better relationship for all!

**BOOKINGS ARE
ESSENTIAL**

Northern Beaches Family Centre
P: (02) 8043 2600
E: intakefs@catholiccareddb.org.au

catholiccareddb.org.au