

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWS Term 4 Week 8 - 3 December 2018

The Principal's Piece

In a bid to keep a bit of respectful anonymity in the following story, I will not mention names:

I couldn't resist from sharing with parents/friends that two of our students have done something remarkable during this Advent season. I note that the teachers only found out by 'accident'.

- Student 1: She has decided to ask her friends to donate her birthday gifts to children less fortunate than herself
- Student 2: He donated \$200 of his birthday money to Miss Thorpe's Cambodian Mission initiative

Indeed this is the season of Advent, a season of 'giving', a season of 'compassion', a season to be like Christ, a season to simply be kind.

Human beings are so much more than animals, and I hope and pray that our OLD community never resembles a group that is "guarding the food source and looking after the pack". Why is it that the 62 richest people on Planet Earth have as much wealth as the poorest 50%?

I never thought I'd ever give air to Woody Allen in a school newsletter, but his following quote, paradoxically, can inspire us to grow more fully human in the lead-up to Christmas ... "We're just monkeys with car keys!" This quote irks me deeply because this is the total antithesis of our OLD vision and mission.

I sense, deep down, that everyone loves a bit of country music ... I thank Mrs Trudy Pidcock for sending me the following song this week ... It sounds like a good Advent mantra to me ... A mantra to help us to more fully be a human 'be'-ing.

<https://www.youtube.com/watch?v=awzNHuGqoMc>

Students' Semester Two Reports:

Student Reports will be emailed home Friday 14 December

Orientation to new classes 2019:

Students Years K-5 will have 'Orientation to new classes 2019' Monday 17 December for 30 minutes in the afternoon.

In this session, students will meet their teacher for 2019.

Last school day of 2018:

The last school day for 2018 is Wednesday 19 December.

At 10am on the last day (19/11) we will have a whole school liturgy in the church that all families and friends are warmly invited to.

After this liturgy, students are free to go home only if they have written permission. No student is permitted to go home with 'another' parent/carer unless written permission provided.

Supervision will be provided, as usual, until 3.20pm on Wednesday 19 December.

COMING EVENTS

December

Wed 5 Band performance
Westfield Chatswood
1.30pm

Wed 12 Swimming Carnival
Thurs 13 Choir performance
Westfield Chatswood
1.30pm

Fri 14 Student reports
emailed home
Andrew Chinn Christmas
Concert 5pm

Mon 17 Orientation to new
classes for 2019

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.

An extraordinarily generous State Government Grant for OLD School:

Thanks to the driving initiative of Holly Treder (Jack Y1), OLD School has secured a very generous \$38,750 grant to develop our school. The successful OLD grant is titled: "Playscape – Transforming a school playground to a community play-space".

I note that there are some specific expectations/requirements that we need to adhere to; presently we are investigating the parameters of the grant. This will indeed be an exciting project to progress in 2019.

Exciting student news

Over the weekend, three OLD students participated in the State Gymnastics championships representing SXL and all three won gold medals in their division.

Congratulations to:

Lindsay - Yr 6

Dustin - Yr 5

Cordelia - Yr 3

Commencing tomorrow, Wednesday 5 December, there will be changes to traffic flow on Kirk St to facilitate the installation of demountable buildings on the Parish 'Rotunda' site.

Following is a copy of the summary notes I have been provided to assist our parents and staff at OLD.

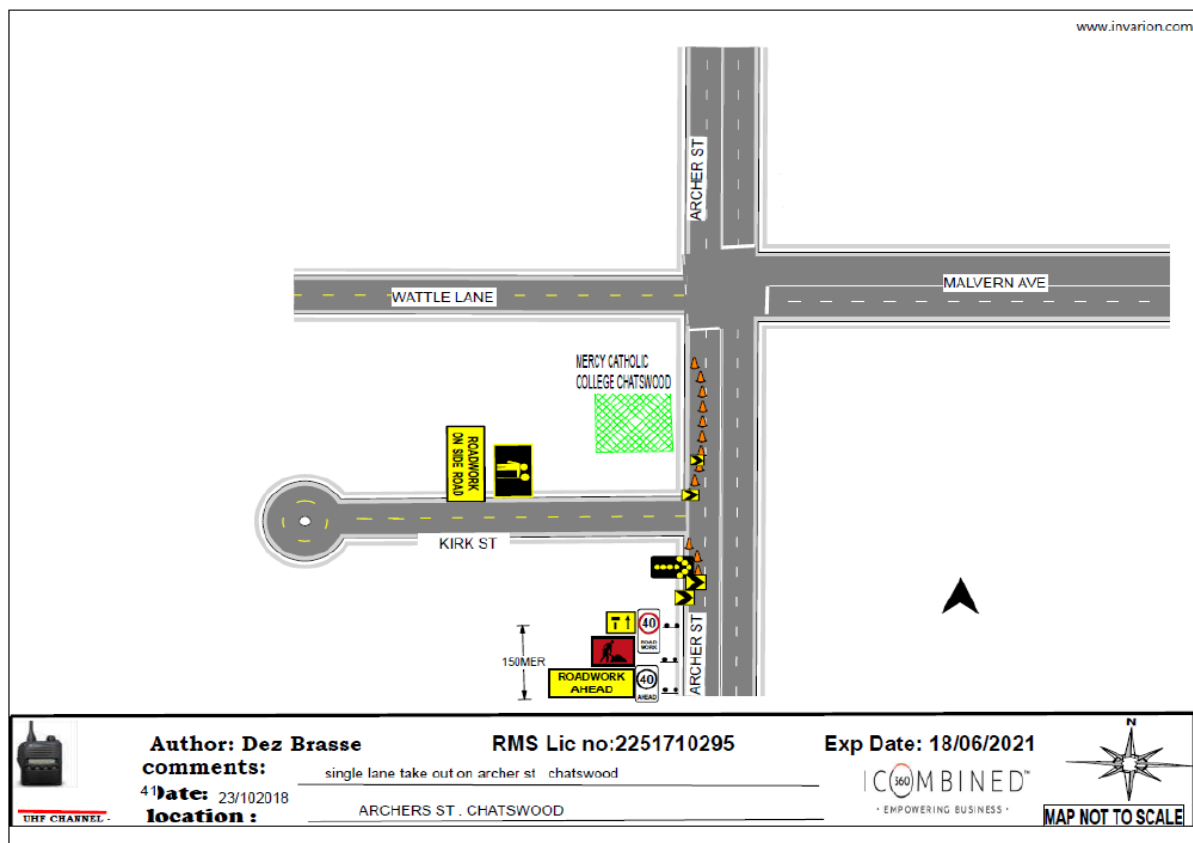
Installation: The commencement of the installation of the classrooms will commence on Wednesday, 5 December until Saturday, 8 December.

Permission from council has been granted to close off 1 lane of Archer Street during the installation process and will be traffic controlled.

On Monday 17 December to Wednesday 19 December the final Parish buildings will be installed.

Traffic control: Traffic control will be organised but if everyone can be aware that a different route may be required during the installation process.

More information will be provided as it comes to hand. Thank you in advance for your anticipated patience over the coming weeks.



The Assistant Principal's Piece.

Candy Canes: As a school we would like to remind everyone that we do not allow the students to share food due to serious allergies some of our students have. Therefore, if your child wishes to give out Christmas treats (i.e. candy canes or chocolate), they must be handed out in the afternoon (teachers of Kinder and Year 1 can do this for students) and all treats must be eaten at home. A gentle reminder to also be considerate of the children's feelings at this time of year and if cards are not going to all members of a class, please hand them out in private (as you would for party invitations). Thank you!

Student stationary for 2019: Next week we will be emailing all families their 2019 stationary list. This is a list of things teachers designated as important for the year of learning. All items will be available at Officeworks and instructions on how to order and pick up your package will be included in the email sent next week.

Swimming Carnival dismissal: As the swimming carnival ends at 1.30pm parents may 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 he/she is signed out from the colour house teacher.

Name: _____ Signature: _____ Date: _____

Christmas Market Stall: If you are dreading heading to the shops in the lead up for Christmas or you wanted to give gifts with a difference, then hopefully I can help! I will be setting up my Cambodian market stall for parents and students. ALL proceeds are donated directly back to the children in rural Cambodia and I spend the money myself to provide for any of their current needs (bike maintenance, books, school supplies, clothes, bedding, building up-keep, medicine, food etc). You can come along to school or order via my Facebook page :gifts for Change (and I can bring the purchases in to your children). Payment can be in cash, via credit card or direct bank transfer. I will have the stall open between **2.30-3.30pm** on **Thursday 6th, Thursday 13th and Friday 14th December**. I will also open the stall at lunchtime for the children.

Each trip I have a project to focus on. Last school holidays was the teacher conference, as well as buying all new school supplies for the children. In July I started a different project for the wider community that I will continue when I return later this month. I have been able to gift 35 water filters to some of the poorest families in my village and the surrounding villages. This was not only an amazing experience for me but also a life changing experience for these families. The water filters are only \$10AUD and they make such a HUGE difference to their lives; preventable illnesses, poor hygiene and hours worth of walking to get water are eliminated by having clean water. Just by becoming ill from dirty water a family's life can be destroyed....this is a true and a VERY common occurrence....people can't work, food can't be bought, loans are borrowed and families go into debt or lose their homes, children stop attending school so they can work to financially support their families....and the spiral goes on. Just because of drinking dirty water!!! So far I have enough donations to purchase 75 water filters, which I thank my family and friends for.

If you would like to donate a water filter from yourself or as a Christmas gift for someone please come and see me at the market stall or send an email via the school email address. If you are donating for someone as a Christmas present, I am happy to write a card informing them of your gift.



Religious Education—Mrs Kathy Gray

Congratulation on your Baptism!

Congratulations to Xavier from 1B who was Baptised last Sunday along with his little sister Elise. We say a prayer of thanks and welcome to the Catholic community and God's family.

Thank you to Xavier and Elise's family and Antonia (mother of Lara Yr 6 and Antony Yr 4) who helped prepare the children for their Baptism. Antonia has been helping Angela (from the Parish) with baptism preparation for primary school children for a couple of years now. Thanks again Antonia.



Year 6 Graduation Liturgy – Congratulations!

Congratulations to the Year 6 students for the beautiful Graduation Liturgy that they presented to the school community last Thursday.

The Entrance Procession was full of Year 6 memories and meaning to start the Liturgy. The Prayers of the Faithful were thoughtfully written and presented by the students themselves. Even with the microphone hiccup, the students sensibly carried on with their duties. Mr Ledlin said that the Gospel Procession was done so reverently that it brought a tear to his eye. And the Liturgical Movement was not a dance, it beautifully expressed the theme of the song being the *spirit to lead us* (thank you Mercy girls; Angela and Hanna, for your beautiful choreography).

Congratulations also to Gwenaelle and Lara for their addresses to the community. They were written from the heart and gave us an emotional connection to your time and your whole cohort's time here at OLD Primary School.

A huge thank you to Fr Jim who engages the community beautifully in liturgy.

Finally, thank you students and teachers from OLD. Mrs Hoy for the music, Miss Brown for joining our Music Group and the children for their fantastic singing!



Religious Education—Mrs Kathy Gray



Unveiling of “Our Lady’s Lane”

The Graduation Liturgy was followed by the unveiling of the naming plaque for the new Ferguson Lane Community Garden. The official name of the garden is “Our Lady’s Lane” This plaque was the Graduation gift to the school from the Year 6 students and their families.



Religious Education—Mrs Kathy Gray

Graduation Dinner

A lovely night was had by all at the Graduation Dinner. The venue, 'The Northbridge Golf Club,' was amazing and the decorations were fantastic. Well done to the Graduation Committee who put a lot of work into the planning of this fabulous event. Thank you also to Mikee in Year 6 for preparing a video presentation to share on the night, summing up the students' amazing time here at OLD.



Christmas Concert with Andrew Chinn – WHOLE SCHOOL EVENT

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

Details of the Andrew Chinn Concert:

The actual concert starts 5.00pm

Students return to school promptly at 4.40pm assembling in classrooms

Parents then gather in the Church

Teachers walk students to the church 4.50pm ready for 5.00pm start.

Dismissal – Teachers walk classes back to the normal morning assembly lines in the school grounds and dismiss from this place.

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. See details above about the evening. We look forward to seeing you there.

Andrew Chinn sells his CD's at the end of the concert, so be ready to purchase if you wish! I recommend his CD's. They are a great!

Religious Education—Mrs Kathy Gray

Christmas Social Justice Initiatives

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

Thank you to Year 2 for organising hampers to donate to St Vinnies.

Youth off the Streets – OLD Shoe Box Collection

Year 6 are making innovations regarding the **Good Samaritan Gift Box Appeal**, as held last year. Year 6 are inviting all of OLD families to find an old shoe box and fill it with items for a charity called “Youth off the Streets.”

Youth Off The Streets is a non-denominational community organisation working for disadvantaged young people aged between 12 to 18 years old, who may be homeless, drug dependent and/or recovering from abuse.

Youth Off The Streets supports these young people as they work to turn their lives around and overcome immense personal trauma such as neglect, physical, psychological and/or emotional abuse.

It is their goal that these young people leave their care drug free, with a high school education, living skills and a full-time or part time job in hand.

See website for more information:

<https://youthoffthestreets.com.au/about/>



How OLD can help:

Step 1: Find an old shoe box

Step 2: Fill it with items as listed below.

Step 3: Wrap the shoe box in Christmas Paper and label it GIRL OR BOY.

Step 4: Bring the box into your class teacher.

It would be great if we could have a difference between girls and boys boxes.

Toiletries examples: Toothbrush, toothpaste, floss, mouthwash, Hair brush or comb, hair ties, barrettes/bobby pins, Deodorant, Shampoo and conditioner, Sunscreen and face lotion with SPF, Make up, Face wash and/or makeup remover wipes, cheaper fragrances and Night time Moisturizer/Lotion.

Stationary examples: highlighters, post-its, note pads, coloured pencils

Food examples: Sealed and wrapped gingerbread, Christmas lollies

Recreation examples: Playing Cards, Uno Cards, Puzzle books.

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.



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



Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

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

Come and Try Camp Australia's Outside School Hours Care for FREE!

We are excited to announce that the children at your school can now come and try their first day of Outside School Hours Care for FREE! This is a great chance for parents to see what Camp Australia is like before signing their children up to our services.

It's also free to register. You can register at pp.campaustralia.com.au/account/register-firstdayfree. Once you have completed the registration, you can activate your session whenever you like. This free trial is only for parents who register between the 5th November and the End of Term 4. Make sure you use your session as First Day Free will expire at the end of Term 4 2018.

Our Outside School Hours Care programs provide fun and engaging experiences every single day, and includes elements of:

- **Outdoor play time** – sport, skills development, general play and inclusive games
- **Construction and Manipulative play** – art and craft, cooking, construction and indoor games
- **Creative time** – includes activities like drama and music
- **Life skills** – community involvement, role playing, communication and social skills development
- **Homework and quiet time** – so children can relax with their family when they go home
- **Unique and new experiences** – trying new sports and artistic pursuits like circus skills, yoga, skate boarding, martial arts, golf and calisthenics just to name a few.

For further information please contact our Customer Care Team on 1300 105 343. The team are available 24 hours a day, 7 days a week (except National Public Holidays).

Kind Regards,

Camp Australia

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 _____

TRYTIME ACTIVE

AFTER SCHOOL PROGRAMME

Trytime Active is an after school programme designed to develop kids physically, of any age and active ability.

Overview:

- Develop physical, social and cognitive skills in a fun and challenging, safe and supportive environment
- Different theme for each session, with a variety of challenges to be enjoyed and skills to be learned
- Use a variety of different sports and activities to build the foundation skills to lead a healthy and active life

Active kids learn better

Research proves that if your kid is physically active they do better at school.



Qualified/Expert Coaches

First Aid Certified

Curriculum based programme

3PM – 6PM

TUESDAYS & THURSDAYS

We arrange school pick up & walk with all kids to the close by location of programme

Term Based Programme

For more details about what's involved, please contact us

CONTACT

Mike Cross

m.cross@trytime
rugby.com

0416 142 451



RESPECT

FRIENDSHIPS



FUN

SAFETY



CONFIDENCE

TRYTIME

FOWKES
FITNESS & PERFORMANCE



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



MERCY CATHOLIC COLLEGE

CHATSWOOD

EST. 1890

Mercy Catholic College is looking for an enthusiastic staff member to join the team in their convenient Chatswood location.

TAS ASSISTANT

PART TIME (5HRS A WEEK)

- Provide support to the TAS department by maintaining an organised, stocked and safe workshop environment.
- Role reports to the Coordinator of TAS.
- Closing date: 10th December, 2018.

Visit mercychatswood.nsw.edu.au
for more information.

Community News

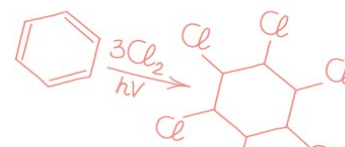
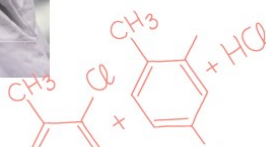
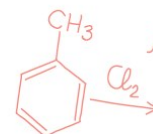


SCHOOL HOLIDAY PROGRAMS AT MACQUARIE UNIVERSITY – mq.edu.au/about/holidays

- 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	\$126.50



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



Our Lady of Dolours Primary School Term 4 Canteen Roster



	Mon	Tues	Wed	Thurs	Fri
15 October 2018	Zoey Cortese Ramona Sacre	Seda Gulessevan	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	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		Katie Crichton
10 December 2018	Ruby Yang Amy Chan	Rosalie Keledjian Zolie Zulie	SWIMMING CARNIVAL	Rachel Davidge-Hill Debbie Liu	Selvia Wijaya Michelle Go Chin
17 December 2018	Marilyn King Trish Seeto		Janelle Arena		

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!



CIY.CLUB

CODE IT YOURSELF

School Holiday Coding Camp for kids aged 7-13



WHAT:

Keep the kids busy with our 2 day Website Design and 3D Design and Printing Camp.

WHERE:

Mosman Art Gallery
1 Art Gallery Way
Mosman NSW 2088

WHEN:

Tuesday 22nd and
Wednesday 23rd January,
8.30am - 5.30pm

BOOK NOW:

www.bit.ly/CIYMosman1

For more information visit www.CIY.Club or contact Yvonne via M. 0406 633 323 or E. yvonne@scopelTeducation.edu.au



CIY.CLUB

CODE IT YOURSELF

School Holiday Coding Camp for kids aged 7-13



WHAT:

Keep the kids busy with our 2 day Game Coding Camp.

WHERE:

4 Heydon St
Mosman NSW 2088

WHEN:

Thursday 24th and
Friday 25th January,
8.30am - 5.30pm

BOOK NOW:

www.bit.ly/CIYMosman2

For more information visit www.CIY.Club or contact Yvonne via M. 0406 633 323 or E. yvonne@scopeITeducation.edu.au



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@catholiccaredbb.org.au