

# OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

**NEWSLETTER** Term 2 Week 5 - 27 May 2019

## The Principal's Piece

Last week, I attended a conference with over 400 Catholic School Principals from NSW; the theme of the conference was "Faith, Learning and Wellbeing". I offer the following as a brief comment on each aspect of the conference theme.

### Faith:

I left the conference more steadfastly confident that our Church will successfully transition through this present period flux, shame and change; indeed, radical change is gaining momentum. Perhaps 'hope' was the big 'take-home' for me in this area.

### Learning:

One particular keynote speaker in the area of 'learning' was Pasi Sahlberg - the former director general of the Finnish education system – and the author of "Finnish Lessons 2.0: What Can the World Learn from Educational Change in Finland?" – Sahlberg is commonly considered a leading expert on education systems of excellence. Interestingly, Sahlberg was recently appointed a Professor of Education at UNSW Sydney and will work with the University's new interdisciplinary institute focussing on educational access and excellence, the Gonski Institute for Education (GIE).

I was interested to learn more about the educational system in Finland that has highly autonomous teachers, an emphasis on play, doesn't have students commence formal schooling until the age of 7 and almost entirely rejects standardised testing. As Sahlberg bluntly put it, "Play is being squeezed out of Australian schools as politicians force more stringent academic expectations upon younger and younger children."

### Wellbeing:

Sahlberg weighed in heavily to the area of wellbeing for students, parents and teachers. I was quite taken by his 5 point summary that he titled, "My Grandmothers' Advice"

#### 1. Sleep more

More children than ever suffer from insufficient daily sleep. According to most paediatricians, school-age children (6 to 13 years old) need 9 to 11 hours of sleep every night, and teenagers should sleep 8 to 10 hours every night to function best.

Pasi's solution: Schedule sleep as a higher priority than home-learning and tutoring etc (*did you notice I wrote home-learning, not 'home-work'!*)

#### 2. Play more outside

Children play less than ever. Because parents generally spend less time with their children outdoors, children are more engaged with technology; and because schools generally expect students to do more and faster, children's opportunities to play have decreased.

#### 3. Spend less time with digital media

Children spend much more time daily with digital devices than before. Many children sleep less than they watch digital screens. Children often learn these habits from us as parents and teachers. A recent British study found that 51% of infants 6 to 11 months old use a touch screen daily. According to the Common Sense Media 2015 survey, U.S. teenagers' average daily digital media use, excluding time spent for school or for homework was nearly 9 hours ... I sense that this worrying statistic has only become more worrying 4 years later in 2019.

Pasi's solution: Teach children responsible and safe use of technology. Talk about technology with children and help them to find the best ways to limit smartphone use in school and at home. As a parent or teacher, be a role model of regular 'digital media diets' to children and keep smartphones away when they are not needed. Make technology a tool, not a treat for children in school and at home.

## COMING EVENTS

### MAY

**Tues 28**

**P & F General Meeting 6.30pm**

### JUNE

**Mon 10** Public Holiday

**Sun 16** Year 3 Mass

**Wed 19** Athletics Carnival

### JULY

**Mon 1** School Photos

**Fri 5** Last Day Term 2

### TERM THREE

**Mon 22** Staff Development Day

**Tues 23** First Day Term 3

### AUGUST

**Sun 18** Year 2 Mass

### SEPTEMBER

**Mon 23** Creative Arts Festival  
6.30pm

**KEEP CHECKING THE SCHOOL'S WEBSITE  
UNDER 'CALENDAR - FOR POSSIBLE  
CHANGES TO DATES**

[www.olddb.catholic.edu.au](http://www.olddb.catholic.edu.au)

[Our Lady of Dolours](#)



## Principal's piece cont.

### 4. Read more books

Children read less than before, and so do adults. International reading literacy survey PIRLS 2016 indicated a general decline in recreational reading worldwide.

Pasi's solution: Make reading a habit. Advise families to buy books and read them with their children; and encourage families to buy books as gifts for birthdays and Christmas etc. Read regularly and discuss what you read in school and at home. Let children choose what they want to read. Visit libraries and bookstores and meet with book authors. Read books you hold in your hands more than those you read on a screen.

### 5. Write letters to ones you love

Make handwriting letters and/or writing various 'text types' a habit in school. Coach students in good writing and give them regular feedback. Use pen and paper alongside electronic tools. Write a letter by hand to your grandmother or someone you love once a week. Coach students away from Snapchat, cyber slang shortcuts, in all their writing.

To sum up, I sense that OLD School and all of our families can benefit from a rethink regarding how we can better provide for, and nurture, students' learning and wellbeing. We obviously can't change everything overnight, but perhaps we can all start with a small change now and then build on the little successes we'll surely have ... I love the following provocative query that might inspire us:

*Q: "How do you eat an elephant?"*

*A: "One bite at a time!"*

### **Philip Ledlin – School Principal Renewal and Review Survey for families:**

Peter Hamill, Director of Schools, has written to all our families regarding a 'Renewal and Review' survey to learn more about the leadership at OLD School over the past 3 years.

An email with a link to the survey will be sent to all families today (Tuesday 28 May).

### **P+F General Meeting – This evening 6.30pm (28.5.19)**

Parents and friends are warmly invited to this evening's P+F General Meeting (Tuesday 28.5.19 – 6.30pm)

Some of the topics up for discussion/presentation are:

- PhotoStory of images of the recent Mothers' Day Breakfast
- Proposal for the 2019 P+F family levy spend/project (ie how might we spend the 2019 funds to benefit the students' learning and wellbeing?)
- Update on the NSW Government grant secured for 2019 ... (ie outline of school improvement projects targeted for the upcoming school holidays)

Outline of the proposed ANZAC Memorial area

Everyone is warmly welcome!

## ASSISTANT PRINCIPAL—Miss Kirsty Thorpe

**Early Literacy Intervention:** Much educational research has been conducted on the positive impact early intervention has on a child's cognitive development (ie brain development). If there are aspects of learning that a child missed or if there are gaps in their knowledge or conceptual understanding, without early intervention these developmental gaps can become wider. So we are excited to announce that we have launched, for the second year running, an innovative intervention program for reading and writing. The name of the program is RTI (Response to Intervention), however, we have structured the program so our Kindy-Year 2 students who participate in RTI are not necessarily below the expected benchmark, they are students who have similar needs in order to progress at their individual learning levels. Teachers identify specific learning needs or goals of their students and create two groups of 3 students based on these needs. These two groups then work with either Mrs Bertinshaw/ Mrs Baker, Mrs Chris Cook or myself 3-4 days each week (during reading or writing time) to work on developing the skills and knowledge to achieve their specific learning goal. Every student at the school is on a learning continuum and every student has learning needs to help them achieve their potential. And this is the most exciting aspect of RTI - students of all abilities levels may be chosen for the program because everyone has learning goals! If your child is in Kindergarten, Year 1 or Year 2, they may be chosen for a group – you will receive an email from your classroom teacher.

**New Maths Initiative at OLD** During Week 7 of this term we will be launching an annual event which is called 'The Week of Inspirational Maths'. This is a program designed by Jo Boaler, a Professor at Stanford University. I was fortunate to attend Jo Boaler's workshop at Stanford and learn about this exciting initiative. Throughout the week all students will participate in activities that promote a Growth Mindset, decrease Maths anxiety, increase problem solving skills and collaboration. The important dispositions of perseverance, risk taking, resilience, creativity and critical thinking are all essential for success in Mathematics and to be a numerate citizen. We are hoping through this program and through our daily teaching of Mathematics our students are able to develop these skills from an early age.

# AWARD WINNERS Week 4



## REC— Miss Camilla Brown

### The House of Welcome

I am excited to announce our next social justice initiative – supporting **The House of Welcome**.

*'The House of Welcome exists to welcome, shelter and empower people seeking asylum and refugees regardless of their age, gender, sexuality, nationality or religion. We provide client-centred holistic supports that nurture hope, advocate for justice and promote self-reliance, whilst acknowledging the dignity and the rights of each individual.'* Click [here](#) to learn more about the House of Welcome.

Here at OLD, we are proud of our school vision to 'Ignite, Innovate and INCLUDE in Mercy'. Synonymous with 'inclusion' is 'welcome.' Therefore, we wish to open our arms and our hearts to people seeking asylum and refugees.

Thank you to our Year 6 leaders who launched this social justice project to our staff and students last week. Year 6 asked each class, if possible, to contribute 'everyday' items to contribute to the House of Welcome.

**Kindergarten-** Cooking Spices

**Year 1-** Toothbrush/Toothpaste

**Year 2-** Canned tomatoes, chickpeas or lentils

**Year 3-** Deodorant (roll on)

**Year 4-** Jams/Honey

**Year 5-** Tea/Coffee

**Year 6-** Dish-washing Liquid

**Staff-** Shampoo/Conditioner

Please bring these items to your classroom teacher who will collect these items no later than **Friday the 14<sup>th</sup> of June**. Thank you for your support and helping make a difference!

### Tuesday morning Mass

Every Tuesday morning we welcome our students and families to come together for 8am Mass. This Mass is led by the high school students at Pius or Mercy, and celebrated on alternate weeks at the Pius chapel or Mercy chapel.

This term, we invite students to come to their special allocated week. This is an **optional** but beautiful way to start the morning. Please note children are ***always welcome***, however we especially encourage students to come to their class week.

**Week 5-** Yr 5,

**Week 6-** Yr 4

**Week 7** –Yr 3

**Week 8** – Yr 2 (must be accompanied with a parent)

**Week 9** – Yr 1 (must be accompanied with a parent)

**Week 10** – Kindy (must be accompanied with a parent)

### Parish News

The first child and parent sessions commenced this week for children preparing for the Sacrament of Confirmation this June. We will keep you in our prayers.

Please contact Angela Hague on [angela.hague@bbcatholic.org.au](mailto:angela.hague@bbcatholic.org.au) for any questions about enrolment, child/parent sessions or any sacramental program questions.

### **Adult Faith Formation & Engaging in a Catholic Community**

As part of the enrolment process for any Catholic primary school, parents are invited to participate in a workshop facilitated by Fr Jim McKeon, Bernadette Ho and/or Gail Gill. The workshop will provide details of the spiritual support offered in the parish for parents and their children. Please contact Bernadette Ho for further information. [bernadette.ho@bbcatholic.org.au](mailto:bernadette.ho@bbcatholic.org.au)

Please see below in this newsletter for information about upcoming Adult Faith formation opportunities. Please contact Gail Gill for more information - [gail.gill@bbcatholic.org.au](mailto:gail.gill@bbcatholic.org.au)

### **ALL WELCOME!**

### Upcoming Dates:

**Year 2 Family Mass:** 16<sup>th</sup> June

**Sacrament of Confirmation:** Saturday 22nd June 10am & 12pm

## REC— Miss Camilla Brown

**Sunday Morning 9am Children's Mass: PLEASE NOTE THE CHANGES FOR YEAR 3, YEAR 2 & YEAR 6. We apologise for the inconvenience.**

The parish invites all classes to the Sunday Morning 9am Children's Mass. This is a beautiful Mass for you and your family to attend every Sunday and on the following dates your child's class will have a Mass dedicated for their year level.

16 June	Year 3
21 July	No special Year
18 August	Year 2
15 September	No special Mass
20 October	Year 4
17 November	Year 5
24 November	Year 6 Mass

## Sport News

### NSW PSSA GIRLS RUGBY

NSW PSSA will be introducing a girls rugby event as follows:

**'COME AND TRY' GALA DAYS IN GIRLS RUGBY – SEVENS FORMAT**

**VENUE:** The Kingsway, St. Marys (Sydney West Association)

**WHEN:** Monday 16<sup>th</sup> & Tuesday 17<sup>th</sup> September 2019 (Week 9 Term 3)

NSWCPS is calling for nominations for Polding Teams.

Selection trials will be held prior to the Gala Day, these are to be confirmed but expected to be Monday 5 August at St Joseph's Hunters Hill.

**Please register ASAP if interested.**

**To nominate:**

Go to [www.csss.nsw.edu.au](http://www.csss.nsw.edu.au)

If you do not already have an account from a previous sport registration using this website, please go to 'Help' and follow the prompts to create an account with a login and password and add your child

Once you have created an account and password, or if you already have an account and password, 'login' to the CSSS website >select NSWCPS homepage>select 'RUGBY' from the list of sports> select 'REGISTER' and complete the consent details and 'SUBMIT'.

Further details regarding the election and entry of Polding teams will be emailed to those who have registered an expression of interest later next week.

Please contact Julie-ann Thompson with any queries: [julie-ann.thompson@dbb.catholic.edu.au](mailto:julie-ann.thompson@dbb.catholic.edu.au)



## Community News

Parents and Carers,

Please note that Archer street in front of the school is now a clearway in the afternoons from 3pm.

We believe these new clearway times will be in place until the completion of the Vivid festival.



### Woolies 'Earn and Learn'



This year OLD will participate in the Woolies 'earn and learn' in order to donate our sticker collection to St Lucy's School. St Lucy's is a Catholic school for students with disabilities.

Collecting the stickers for St Lucy's will hopefully raise awareness of issues of disability in the OLD community and ultimately support this important educational setting and their students.

## From the Parish

### PRIMARY SCHOOL



As part of the enrolment process for any Catholic primary school, parents are invited to participate in a workshop facilitated by Fr Jim McKeon, Bernadette Ho and/or Gail Gill. The workshop will provide details of the spiritual support offered in the parish for parents and their children.

**RSVP to Bernadette Ho [bernadette.ho@bbcatholic.org.au](mailto:bernadette.ho@bbcatholic.org.au)**

**Magnificat Room**

*Corner of Kirk and Archer Sts*

**Saturdays 10 - 11 am 13 July; 21 September; 9 November**

### FIRST SPIRITUAL EXERCISES

Using the creative guide to St Ignatius' First Spiritual Exercises written by Fr Michael Hansen SJ, these sessions offer the experience of a four week retreat in daily life. Cost of the book is \$30. Each group will be limited to 12 participants. ( Fr Jim McKeon, Sam French & Gail Gill)

**St Peter Room Sundays 6.30 - 8pm 11, 18, 25 August, 1, 8 September**

**St Peter Room Mondays 1.30 - 2.45pm 5, 12, 19, 26 August, 2 September**

**St Peter Room Thursdays 10.30am - 12pm 8, 15, 22, 29 August, 5 September**

**St Peter Room Saturdays 6.30 - 8pm 3, 10, 24, 31 August, 7 September**

### ACTS OF THE APOSTLES

Bishop David Walker will lead these sessions on the companion volume to the Gospel of Luke. The Acts of the Apostles describes the life and work of the early church as it continues the mission of Jesus empowered by the Holy Spirit and witnesses to the life, death and resurrection of Jesus.

**Magnificat Room Tuesdays 10 .30- 12pm 20, 27 August & 3, 10 September Thursdays 7 - 8.30pm 22, 29 August & 5, 12 September**

For further information and bookings for all programs (except the school enrolment workshops) please contact Gail Gill

[gail.gill@bbcatholic.org.au](mailto:gail.gill@bbcatholic.org.au) OR 9410 9021