

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWSLETTER Term 2 Week 7 - 10 June 2019

The Principal's Piece

Dear Parents,

Wellbeing Week is upon us!

In the past 2 newsletters, I've been promoting the importance of play in the lives of children for wellbeing and educational purposes. After a fantastic long-weekend away with family and friends, I have realised I've neglected to 'bang-on' about the importance of 'play' in the lives of adults. Indeed, our little children are constantly watching us with keen readiness to emulate our behaviours!

So, in Wellbeing Week this week, I am excited to launch a campaign (or perhaps a 'movement') all about the importance of 'adult fun and play' to ensure the wellbeing of our children is high.

Where could we start? I think we need to go beyond 'Dad jokes' and simply set up little family traditions in our homes.

One idea families might like to entertain:

One day or evening, each and every week, could be precious dedicated to 'family fun night or fun day' ... ie a bit like the weekly, intimate and fashionable 'date-night' for mum and dad.

Setting up a tradition in family homes is perhaps one of the most powerful things we can do; when we set up traditions, we effectively set up habits and we give traction/perpetuity to things we value.

I boldly venture to suggest that 'having fun' is a most powerful strategy to change and improve human behaviour.

The following is just for fun ... Even if you've seen this before, I reckon you'll laugh, smile and feel good again!

<https://bit.ly/1g9dQV1>

School Photos - Monday 1 July:

Parents are reminded that School Photos are coming up soon on Monday 1 July. All students must be in full winter uniform.

Scarf Giving and OLD School Choir at The Dougherty Centre:

This coming Friday, all students who made a 'kindness scarf' will present their scarf to the specific friend they knitted for.

Additionally, our school choir will perform for the residents at the same time.

CONGRATULATIONS TO ALL STUDENTS WHO COMMITTED TO THE KINDNESS PROJECT ☺ ... And, sincere thanks to all the helpful parent/carer knitters at home who 'made it happen' too.

I sincerely thank all the parent/grandparent helpers who assisted each week at knitting club; I note that Angel and Ray knitted a few extra scarves each because we know only too well that there will be other residents keen to receive a hand-made gift on Friday!

Thank you, also, to Mrs Donna Hoy who will keenly lead our school choir in song during the visit.

Students will leave school at 1.30pm on Friday 14 June ... There is no need for parents to fill in a permission note for this 'excursion' because it is covered by the "Local Walking Excursion" permission note filled by parents at the start of each year.

COMING EVENTS

JUNE

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

Fri 27 Last Day Term 3

OCTOBER

Mon 14 First Day Term 4

Wed 18 Last Day Term 4

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

www.olddb.catholic.edu.au

[Our Lady of Dolours](#)



Just For Fun!



ASSISTANT PRINCIPAL—Miss Kirsty Thorpe

Wellbeing Week: Wellbeing week is a special week for students and teachers that occurs once a term. Statistically Week 7 is when schools have the most absences and is the week we need to stop and reflect on our emotional, mental and physical wellbeing. Each Wellbeing Week students do not have homework (but we do encourage nightly reading to continue), teachers don't have meetings and we encourage students to play with new and different friends.

This term we are particularly focusing on screen time and challenge every family to reduce or eliminate screen time. If you are doing a special activity instead of having screen time (and are happy for the school to publish the photo online), please send photos via the school office and I will post ideas on the school's Facebook page.

Tuesday:

Super special surprise organised by Mr Ledlin (check out the school Facebook page and next week's newsletter for photos and videos!!).

Wednesday:

Ocean pod incursion organised by Miss Brown. This is an incursion for all students to learn about the ocean and how to protect it from being damaged.

Thursday:

- Year 3-6 Guest speaker talking about Science and Technology with the introduction of possum houses in the grower's corner
 - PBL (Positive Behaviour for Learning) groups run by Year 6 (organised by Ms Tygh every two weeks)
- Year 6 Leadership Team meetings – the Year 6 leaders meet with their mentor teacher to discuss leadership and make goals for each team for the coming term.

Friday:

- Choose your own jumper, jacket or coat day – students continue to wear their sports uniform today but can wear any jumper they wish
- Final Little Athletics lesson focusing on High Jump (using the school's new high jump mats for the very first time!!).

Knitting club will present their scarves to their special friend at The Dougherty Centre and the school choir will sing for the residents. ***Can all knitters and choir members please change into their school jumpers for the excursion to Dougherty Centre***

We will be featuring a new weekly feature on our school's Facebook page...a special surprise will be posted after school on Friday!

During lunchtime on Wednesday – Friday of wellbeing week

I will also be opening my Cambodian stall with products \$10 and under for the students. Some Year 2 girls have asked to help raise money so will be running the stall for me. I will have the stall open to parents on Friday afternoon from 2.30pm with other products available too. You can visit my Facebook page @giftsforchange to see some of the products available.

When I return to Cambodia in the July school holidays I will be working with the local primary school to continue to build their school library (you may have seen posts about this on the school Facebook page) and also bring electricity to the school so each classroom can have fans - currently there is no electricity in the school so students who walk or ride their bikes to school in 40+ degrees then need to learn in classrooms without even a fan....I honestly don't know how they do it, I couldn't even sit in their longer than 5 minutes!!! So all money raised at the stall will go directly to helping the school.



REC— Miss Camilla Brown

Pentecost (Happy Birthday to the Church!)

As we reflect on the readings of Pentecost Sunday, we were called to realise the Holy Spirit was not given to individuals, but to a community. Like the earliest disciples, we are reminded to gather in community and pray that God's Holy Spirit may **ignite** us to 'go out and spread the good news.'

The House of Welcome-

We clearly see the Holy Spirit working in social justice at our school. Thank you to those who have contributed to the House

Kindergarten- Cooking Spices

Year 1- Toothbrush/Toothpaste

Year 2- Canned tomatoes, canned chickpeas or lentils

Year 3- Deodorant (roll on)

Year 4- Jams/Honey

Year 5- Tea/Coffee

Year 6- Dish-washing Liquid

Staff- Shampoo/Conditioner

Tuesday morning Mass

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 8, Mercy chapel — Year 2 (must be accompanied with a parent)

Week 9, St Pius chapel — Year 1 (must be accompanied with a parent)

Week 1, Mercy chapel (Pius on holidays) — Kindy (must be accompanied with a parent)

Parish News

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

The Parish Confirmation program is well on its way for children preparing for the Sacrament of Confirmation this June. We keep you in our prayers!

SHARE YOUR MUSICAL TALENTS!



A special invitation to **ALL senior choir members** to join our parish choir!

Our Lady of Dolours Parish would love you to come share your voice to help sing and celebrate.

The choir will sing **once** a month at our 9am Sunday Mass, so you are not required to commit to every week. Choir practice will be **once** a month straight after our 9am Mass.

Come along and 'try it out' to see if you would like to join.

Please contact Angela Hague for further information angela.hague@bbcatholic.org.au

Year Three Class Mass



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

9am Family Mass
Sunday 16 June 2019

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

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

Please bring a plate to share.
All welcome!

say cheese



School Photo Day is Monday 1 July 2019

Have your child's school memories captured forever

Please take time to read the relevant information on the MSP Photography payment envelopes and remember these helpful points:



- Don't seal envelopes inside each other. You can pay for all children in one envelope however each child needs to have their own envelope on photo day
- Family envelopes are available at the school office
- If paying by cash please enclose correct money as no change is given on photo day. **NO CHEQUES ACCEPTED**
- Credit card payments can be made online (please follow instructions on envelope) or by calling our Office prior to the day. Your child will still need to take their envelope with them on the day.
- Sport/Specialty Photo Orders will be organized after photo day on a separate form.

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

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 OR 9410 9021

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.



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Important Request

Parents are never to use the Parish office driveway adjacent to the school on Archer Street. I note that parents must not use it for late pickup from After School Care too.

Thank you for your anticipated co-operation.