OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWSLETTER Term 4 Week 7 - 25 November 2019

ACTING PRINCIPAL—Miss Kirsty Thorpe



Advent is coming:

We are leading up to a very special season in our Church's calendar - Advent. Advent begins on December 1st and is a time of hope, anticipation, joy, love and blessings for our Church. Around our school you will start to see many symbols of Advent, that you may like to carry on in your house too. The symbols of Advent are a great visual reminder for us all of the importance of this season for the Church and the important things these symbols represent in our lives (for example; love, hope, joy, peace)

I was at a meeting last week and Fr John Frauenfelder, the Chaplin at the Catholic Schools Office, spoke to us about Advent. He left us with some words that really resonated with me. During the Christmas period our lives become so busy that sometimes we stray from the true meaning of Christmas and it becomes more about the commercial side, rather than being guided by our faith.

So Fr John gave us some advice that I'd like to share with you in the lead up to Christmas...

Pray always

Pray ALL ways

So with our students over the next few days we will be praying in so many different ways (singing hymns, soul journaling, meditating, visiting the Church, responding to Scripture, creating artworks) and hopefully, during this busy Christmas period, you too can find a moment to be still and pray always in all ways.

Next week we invite you all to our Monday morning assembly, when we will start to light the candles on our Advent wreath.

<u>Message from Phil:</u> Phil has asked me to pass on his thanks to all the well wishes, prayers and thoughts over the past few weeks. He has his operation last Monday, which went well, according to the surgeons and is now on the road to recovery.

COMING EVENTS

NOVEMBER

Wed 27 Yr 5 School Captain
Speeches

Thurs 28 Yr 5 Sports Captain
Speeches

Fri 29 Year 6 Graduation Liturgy
10am

Fri 29 "Thank you afternoon Tea" for all parent and friend 'helpers' 2.30pm

DECEMBER

Mon 2 MIA Parent Info Session
6.30pm

Thurs 5 Choir & Yr 1 performing at Westfield

Wed 4 Swimming Carnival

Fri 13 Community Christmas
Palooza

Tues 17 Stage 3 Beach Safety
Day

Wed 18 Last Day Term 4

WEEP CHECKING THE SCHOOL'S WEBSITE

UNDER 'CALENDAR - FOR POSSIBLE

CHANGES TO DATES

www.olddbb.catholic.edu.au

Our Lady of Dolours



ACTING PRINCIPAL—Miss Kirsty Thorpe

<u>Year 5 Leadership program:</u> This is a very exciting week for our Year 5 students as they apply for leadership roles for 2020. On Wednesday we will hear speeches from the students applying for school captain and on Thursday we will hear from the students applying for sports captains. We have a great leadership program, whereby all students are part of a leadership team - Environment, ICLT, Mercy/Liturgy, Creative Arts, Library or Sports Leaders. We will announce our 2020 Leaders to the school community in the Week 9 newsletter.

<u>Special Invitation for all Parents:</u> I am pleased to invite all Parents and Friends to a special Thank You Afternoon Tea on *Friday 29 November 2.15pm*. At this Thank You Afternoon Tea, there will be more than a slice of cake and coffee; Many of our classes have helped to put this afternoon together and we will have a special hand-made gift for each helper and you will be served by our beautiful students. We hope to see you **29/11/18 @ 2.15pm** in the COLA. From all the staff and students at OLD.



<u>Compass:</u> It is essential that all parents have access to and are using Compass, either via the phone app or website. If families are not regularly using this app in 2020, crucial information may be missed as this will be a great source of school information.

Here are a few things that have commenced with Compass that you will need to interact with:

- Parents must enter their child's **full day** absence and the reason for the absence (if you do this directly to Compass you do not need to email or ring the school).
- Parents must sign their child into the kiosk at the front office if they are late to school (after the 8.45am bell)
- Push notifications will be trialled the next two weeks to update families of events and reminders relating to their grade or whole school events (this will become regular in 2020 for all notifications).
- School newsletters are posted on Compass for a week (but remain on the school website long term)

ACTING PRINCIPAL—Miss Kirsty Thorpe

<u>Parent Information Session: The MAI assessment</u>: <u>Monday 2nd December; 6-7pm</u>, 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 2020 school year (as they have done so for the past 7 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.

AWARDS





ACTING PRINCIPAL—Miss Kirsty Thorpe

Friday 13th December: Christmas celebrations and fundraising for the drought: Our Year 6 Creative Arts and Mercy Leaders have created an initiative that on Friday 13th December all students will be able to wear a 'touch' of Christmas with their sports uniforms (Remember this is the day of our P&F Christmas evening celebrations). Everyone is also asked to donate a gold coin that will be donated to St Joseph's Primary School in Wee Waa. Please see below for some information about the cause we are supporting and Christmas ideas from our Year 6 leaders.

CHRISTMAS GOLD COIN DAY!

On Friday the 13th of December, we invite everyone to wear some Christmas decorations or an accessory over their sports uniform. Students have permission to style their hair with whatever they want to do in it, however it must be Christmas related (including coloured hairspray).

Some Ideas on what students could wear include...

Tinsel, Christmas baubles, Christmas lights and anything you
would find on a Christmas tree!

REMEMBER TO BRING YOUR GOLD COIN TO DONATE AND WEAR YOUR SPORTS UNIFORM, INCLUDING A HAT AND SPORTS SHOES

ACTING ASSISTANT PRINCIPAL—Miss Camilla Brown

Year 6 Parish Mass



Our Year 6 students, and others in our Parish, celebrated a special mass on Sunday with Bishop Anthony Randazzo blessing them and sharing a special message: even though you may be moving onto new schools, you will always be a treasured member of this Parish!!!

All are welcome to our Graduation Liturgy at 10am this coming Friday to celebrate our wonderful OLD Year 6 class.

HAPPY WELLBEING WEEK!

Wellbeing plays an integral role in the happiness and success of our school community. It is a week to step back and.... *Breathe*. We encourage the children, teachers and parents to take the time to slow down and refresh. With only a few more weeks of term, it is important we all take care of our physical, emotional, spiritual and mental health. This week not only will your children celebrate no homework, we will also enjoy a special board game and movie afternoon this week. Your child is welcome to bring in a board game of their choice this week to contribute to the fun afternoon!

OLD Christmas Palooza! - FREE!

We welcome our school community, family & friends to our *FREE* Christmas Palooza! The evening will feature Christmas carols, Christmas movies, popcorn, fairy floss, slushies, sausage sizzle and crafts.... All for free! Our students from Kindergarten, Year 1 & 2, Year 3 & 4, Year 5 & 6 will all sing carols for our community. We will also have the opportunity to listen to our fabulous choir and band. We look forward to what will be an amazing evening to unite our school community. Thank you to the P&F who are hosting this Christmas Palooza!

ACTING ASSISTANT PRINCIPAL—Miss Camilla Brown

Vinnies Christmas Appeal

This term, as part of our Social Justice Outreach, we are taking part in the Vinnies Christmas Appeal.

With 2.9 million people currently living below the poverty line in Australia, including over half a million children, our school



community's support allows the St Vincent de Paul Society to provide more than immediate help, it provides something much more valuable – the opportunity for a better life. This term we are aiming to make a difference to people's lives by collating Christmas hampers which will be presented to Vinnies to distribute to families in need.

Yr 6 have visited your child's classroom to explain the purpose of creating hampers, how they will be collated and where they will be distributed. Each student in the class has been invited to select one item to contribute to the hamper. Their selections have been drawn at random and we kindly ask parents, if you are able to, to purchase the item and send it to your child's classroom. Teachers will be given sturdy boxes to put the hampers together and students will be asked to make a class Christmas card for the family that receives the hamper for Christmas. Some classes may end up making 2 or 3 hampers, depending on the class size and the contributions received. Your family may like to donate more than one item. Please check with your child's teacher as to what items have not been allocated or purchase double the item(s) your child has been allocated.

Families may also feel that they would like to do something more for a needy family this Christmas. The purchase and donation of a gift card (of any value) for a supermarket (Coles, Woolworths, etc.) or a variety store (K-Mart, Target, etc.) can be dropped off at the School Office at any time up to 10th December. These will be presented to Vinnies to distribute separately to the hampers.

Parents are encouraged to contact your child's class teacher OR Mr Joe Martin if you would like to assist packing and wrapping the hamper in Christmas wrapping on **MONDAY 9**TH **December (Week 9).**

All the hampers will be presented to a representative from St Vincent de Paul at our whole school assembly on Wednesday 11th December at 8.45am. Parents are very welcome to join us at the assembly.

Thank you for spreading the Christmas Spirit!

Parish News:

Christmas Card Community Outreach Invitation!

Every year as part of our outreach, the parish delivers Christmas cards to (hopefully) every household in the parish. This year the parish would like to invite the families of Our Lady of Dolours Primary School to be involved in this outreach too. The process would involve families taking a bunch of cards and crossing the name of the street they deliver to off a list.

As we approach the season of Advent, this is a wonderful opportunity to spread the Christmas spirit and teach our children about reaching out and including others (as well as having fun getting some Advent exercise!) If this is something you would like to be involved in, please contact Bernadette.Ho@bbcatholic.org.au for further information.

Community Dinners - Every Saturday evening at 6:30pm!

A reminder that Our Lady of Dolours Catholic parish (run by volunteers) welcomes you ALL to come along to for a free community dinner in a relaxed family-friendly environment. Contact Bernadette.Ho@bbcatholic.org.au for further information.

Year 6

Year 6 Graduation Liturgy – This Friday at 10am

We would like to invite the whole school community to come and join us to celebrate the Graduation of our 2019 Year 6 students. Everyone is welcome to this wonderful ceremony where the students will receive their Graduation Certificates and Candle.

The Year 6 students have been very involved in preparing this Liturgy as well. They have written the Prayers of the Faithful, chosen the readings and will participate in the parts of the liturgy. Year 1 students are also a part of the Entrance Procession.

This invitation is for the whole community to join us at 10 am in the church.



SPORT—Swimming Carnival



Our Lady of Dolours Catholic Primary School 94a Archer Street, Chatswood NSW 2067

Phone: 9419 2645

Email: old@dbb.catholic.edu.au

November 2019

SCHOOL SWIMMING CARNIVAL WEDNESDAY 4TH DECEMBER 2019 Week 8

Dear Parents and Carers,

Our School Swimming Carnival will be held on <u>Wednesday 4th December</u> at Ku-ring-gai Fitness and Aquatic Centre, West Pymble for all children at OLD. The Carnival will be starting at 10.00 a.m. The children will travel to and from the pool by bus. Please be aware, even though we are having our Swimming Carnival before the end of this year, <u>all ages are WHAT AGE YOUR CHILD TURNS DURING 2020</u>. Kindy and Year 1 (7 year olds - 2020) students will be attending our carnival between 10-11.30am (leaving school at 9.15am) and have the option to partipicate in a fun 15m kickboard/floaty race (there will be an adult in the pool to help with each child) or 25m race. Year 1 students who turn 8 in 2020 are also invited to compete in 50m races. Year 1 (8 year olds - 2020) and Yr 2-6 will be attending our carnival between 10-2pm (also leaving school at 9.15am).

PLEASE NOTE CAREFULLY

- Every child (Year 2-6) is expected to enter a 50m FREESTYLE or 25m FREESTYLE race or 15m KICKBOARD race.
- . It is optinal for Kindy and Year 1 students to enter an event
- All swimming races will be held in the outdoor 50m pools.
- Backstroke, Breaststroke and Butterfly events are also available for any students who wish to take part.
 These races are only 50m races.
- 100m Freestyle races are for students who are VERY CAPABLE in racing this distance (including diving and turning) and may/may not be held on the day (depending on time)
- Your child must be able to swim, unaided, the length that you nominate.
- Children in 25m or 50m freestyle races can not to be entered in kickboard events.
- Kickboard races are for children not capable of swimming 25m or 50m freestyle.
- Only 50m swimming races will be timed. Times will be used for selection purposes for next year's Cluster Swimming Carnival. Only students who will turn 8, 9, 10, 11 or 12 in 2020 and attending O.L.D. in 2020 are eligible for Cluster selection early next year.

There will be NO changes made to the program on the day of the carnival. Please choose events carefully so as to avoid disappointment and confusion.



SPORT—Swimming Carnival

On Swimming Carnival day children must come to school before the 8.45 bell in their full sports uniform. Swimming costumes are to be worn underneath their uniform as there will be no time to change before the carnival. Children may change out of their swimming costume when they have completed their events at the pool or when they return to school. ALL children are to wear their colour house swimming cap—children will not be permitted to enter the pool and swim without a cap. Swimming caps may be purchased through QKR and picked up at the school office for \$5.00 each. Get in quick as the school office may run out of stock.

Thongs or sandals may be brought to school to be changed into only when going to the pool. They are not to be worn to school. Children must wear a hat, bring a towel and sunscreen. They must also bring their morning tea, lunch and plenty of drinks (no glass bottles please!)

Students will not need money as they are not allowed to buy from the canteen while they are at the pool. Parents at the swimming carnival are asked to <u>refrain from buying</u> for their children as this is unfair on those who have no one to buy for them.

PLEASE MARK ALL ITEMS OF CLOTHING CLEARLY WITH YOUR CHILD'S NAME.

NO RESPONSIBILITY WILL BE TAKEN FOR ANY LOST ITEMS.

Please complete the attached form and <u>return it to your child's class teacher</u>
BY WEDNESDAY 27TH NOVEMBER. It is essential that the forms are returned by this date to enable the program to be organised.

Many helpers will also be needed on the day. If you are able to assist, please fill in the attached form and nominate whether you would be willing to assist IN or OUT of the pool for 25m and 15m Kickboard races

IMPORTANT: PARENTS ARE ABLE TO TAKE THEIR CHILD HOME WITH THEM FROM THE SWIMMING CENTRE ONLY IF THEY HAVE FINISHED ALL OF THEIR EVENTS AND HAVE SIGNED THEIR CHILD OUT WITH THE CLASS TEACHER. THE EARLIEST TIME POSSIBLE TO TAKE YOUR CHILD HOME IS 1PM AS IT IS IMPORTANT FOR THEM TO SUPPORT THEIR COLOUR HOUSE AND FRIENDS.

Thank you for your assistance,

Miss Kirsty Thorpe Acting Assistant Pricipal

SCHOOL SWIMMING CARNIVAL WEDNESDAY 4th DECEMBER 2019

STUDENT DETAILS 8-13year olds - Yr 1 (8 year olds & all Yr 2-6)

Please complete the form below and return it to your child's class teacher

| BY WEDNESDAY 27 [™] NOVEMBER (NEXT WEEK). It is essential that the forms are returned by this date to enable the program to be organised. | | | | | | | |
|---|---------------|---------------|---------------------------------------|--------------|-------------|---------------|-----------|
| CHILD'S NAME: | | | | | | | |
| CLASS IN 2019 (THIS YEA | R) | COLOUE | HOUSE | | | | |
| DATE OF BIRTH | , | _ 00,200, | · · · · · · · · · · · · · · · · · · · | | _ | | |
| HOW OLD DID YOUR CH | ILD TURN IN | 2019 (THIS | YEAR) ? | | | | |
| HOW OLD WILL YOUR O | HILD TURN IN | 1 2020 (NEX | T YEAR) ? | | | | |
| IS YOUR CHILD RETURN | | | | | - | | |
| PLEASE MARK THE EVE | NT YOUR CHI | LD IS ENTER | RING: | | | | |
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| 50m BACKSTROK | | 0m | 50m BUTTERFLY 100m FREESTYLE | | | | |
| | BREAS | TSTROKE | | | | | |
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| I give permission | for my child, | | | | in c | lass | _) |
| to take part in the So | | | | | | | |
| and to travel to and | rom Ku-ring- | gai Fitness a | and Aquati | ic Centre We | st Pymble | by bus. | |
| I have read and und | retood which | ought are | available | for my child | to take na | etia Ilanua | |
| my child for events i | | | | | | rt in. I nave | nominateg |
| | | | | | | | |
| SIGNED:DATE: | | | | | | | |
| (Fareing dual diality | | | | | | | |
| Please complete the form below and return it to your child's class teacher BY WEDNESDAY 27TH NOVEMBER. | | | | | | | |

It is essential that the forms are returned by this date to enable the program to be organised.

SCHOOL SWIMMING CARNIVAL WEDNESDAY 4TH DECEMBER 2019

STUDENT DETAILS Kinder and Year 1 (7year olds 2020)

Please complete the form below and return it to your child's class teacher
BY WEDNESDAY 27TH NOVEMBER

It is essential that the forms are returned by this date to enable the program to be organised.

| CHILD'S NAME: | | | | |
|---|--|--|--|--|
| CLASS IN 2019 (THIS YEAR) COLOUR HOUSE: | | | | |
| DATE OF BIRTH | | | | |
| HOW OLD DID YOUR CHILD TURN IN 2019 (THIS YEAR) ? | | | | |
| HOW OLD WILL YOUR CHILD TURN IN 2020 (NEXT YEAR) ? | | | | |
| IS YOUR CHILD RETURNING TO OLD IN 2020 (NEXT YEAR) ? | | | | |
| PLEASE MARK THE EVENT YOUR CHILD IS ENTERING: | | | | |
| Please select (tick) ONE optional event only | | | | |
| (It is not compulsory for your child to enter an event) | | | | |
| MY CHILD WILL NOT BE KICKBOARD / FLOATY FREESTYLE SWIMMING 15 metres 25 metres OUTDOOR POOL OUTDOOR POOL | | | | |
| Please note: There will be one parent per child in the 15m kickboard/floaty race. Children may bring their own floaties or use the supplied kickboard Children are only to enter the 25m race if they can confidently swim this length indepdently without any assistance. Kindy and Year 1 kickboard / floaty events will only go ahead if there are enough parents helping in the water | | | | |
| Please complete the form below and return it to your child's class teacher BY WEDNESDAY 27™ NOVEMBER. | | | | |
| It is essential that the forms are returned by this date to enable the program to be organised. | | | | |
| I give permission for my child, in class, to take part in the School Swimming Carnival to be held on Wednesday 4th December 2019 and to travel to and from Ku-ring-gai Fitness and Aquatic Centre West Pymble by bus. | | | | |
| I have read and understood which events are available for my child to take part in. I have nominated my child for events in which they have the swimming skills to complete. | | | | |
| SIGNED:DATE: (Parent/Guardian) | | | | |

SPORT—Swimming Carnival

Yr 1 (8 YEAR OLDS) AND Yr 2-6 PARENTS ONLY YES, I WILL BE ABLE TO HELP AT THE SCHOOL SWIMMING CARNIVAL ON Wednesday 4th DECEMBER.

| PARENT NAME: | | |
|---------------|----------------|----------------|
| CHILD'S NAME: | | CHILD'S CLASS: |
| | (Please print) | |

There will be many jobs available and they will be delegated on the day however please nominate if you would be prepared to assist IN THE POOL FOR 15m KICKBOARD and 25m RACES (PARENTS ONLY)

IN POOL ASSISTANT YES / NO ON DRY LAND ASSISTANT YES / NO

KINDY AND YEAR 1 PARENTS ONLY

I can be a class helper for (child's class)

- Arrive at school at 9am
- Catch the bus to the carnival and back to school at 11.30 with Kindy / Year 1 (7 year olds)
- Help the Kindy / Year 1 teachers during the carnival

I can assist in the pool for the Kindy/Year 1 events YES / NO

(If you do not plan to return to school on the 11.30am bus and will be staying at the pool /assisting with the remainder of the carnival, please cross out the 'catch the bus BACK' section above.

ALL KINDER AND Yr 1 (7 YEAR OLDS) WILL RETURN TO SCHOOL ON THE 11.30 BUS

COMMUNITY

ALL families are invited to this <u>FREE</u> event which is being hosted by the O.L.D. P&F. The event will start with the children performing carols (which they are already practicing for) followed by movies, food and Christmas activities! We look forward to seeing you all there!





Open this Friday! 2.45 pm - 3.15 pm





BLAST OFF INTO THE WORLD OF STEM at MACQUARIE UNIVERSITY

Join our exciting science, technology, engineering and maths programs for Years K-7 during the school holidays in December and January.

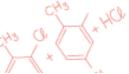
- Class topics include robotics, learning about dinosaurs, flight, astronomy, voicanic eruptions, DNA, maths, how to analyse blood for diseases & why animal poop is so fascinating! And many, many more.
- Our classses are designed to teach concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourities are rotated each school holidays.

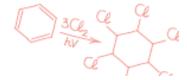


Creative Kids vouchers (value \$100) can be claimed for any robotics or coding class. Apply through ServiceNSW for your child's voucher.

| Drop off | 8.30am - 9.30am |
|------------|-----------------|
| Activities | 9.30am - 4.30pm |
| Pick-up | 4.30pm - 5.30pm |
| Cost | \$126.50 |

Want more information? Visit our website: mq.edu.au/about/holidays







Explore life, faith & meaning.

Dear parents, caregivers and friends of Our Lady of Dolours Primary School community,

Everyone has questions.

We believe that everyone should have the opportunity to explore life and the Christian faith. To ask questions, and share their point of view in an open, friendly environment.

What is Alpha?

Alpha is not so much a course, but an EXPERIENCE! Gathering once a week over an eight week period, each Alpha experience brings together people from every walk of life. The format of Alpha is always the same. We begin each Alpha gathering by sharing a meal, we watch a video, and then have a small group discussion. Over 29 million people across the globe have done Alpha.

Who is Alpha for?

Alpha is for everyone and anyone. The beauty of Alpha is that there are no questions that are too hostile, too silly or too simple. Alpha has no prerequisites whatsoever. We come together with one another as we are, free to be ourselves.

At Alpha, people hear the Gospel in a fresh way, they often encounter Jesus, experience the Holy Spirit and are welcomed into an experience of Christian community like no other. Alpha is the best first step for people who have been away from the Church or who have had little or no experience of the Christian faith. It is also for those who want to go deeper and discover more about who Jesus is.

Come to the first Alpha, and then decide if you want to continue at further Alpha sessions. There's no pressure to continue.

Upcoming 2020 Alpha experiences include:

Monday lunchtime Alpha 1-3pm

This Alpha runs on Monday's starting on 17th February 2020 for eight weeks in the parish meeting rooms (Corner of Kirk & Archer Streets)

Monday evening Alpha 7-9pm

PARISH NEWS



OUR LAPY OF DOLOURS Chatswood Catholic Parish

Explore life, faith & meaning.

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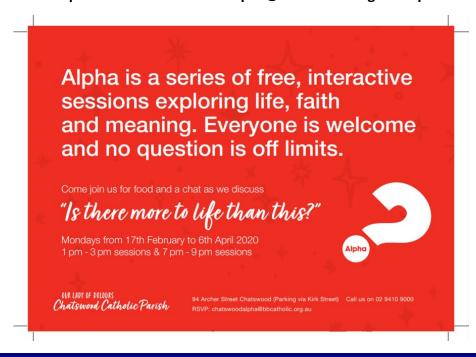
Monday lunchtime Alpha 1-3pm

This Alpha runs on Monday's starting on 17th February 2020 for eight weeks in the parish meeting rooms (Corner of Kirk & Archer Streets)

Monday evening Alpha 7-9pm

This Alpha runs on Monday's evenings starting on 17th February 2020 for eight weeks in the parish meeting rooms (Corner of Kirk & Archer Streets).

For more details or to RSVP please email chatswoodalpha@bbcatholic.org.au or phone 9410 9000.



COMMUNITY NEWS

School Travel

Stay up to date with Opal and ticketing changes for school travel

2020 school travel applications now open



To assist with any enquiries you may receive regarding student travel applications, we have provided some information below.

Applications for student travel in 2020 opened on Friday, 11 October 2019.

Students progressing to year 3 and year 7 no longer need to re-apply if they:

- are continuing at the same school
- are residing at the same address

have not been sent an expiry notification from Transport for NSW.

Where a student meets the new distance eligibility, the system will automatically update their entitlement. If they do not meet the new eligibility, they will receive an expiry notification via email.

Students who have an entitlement approved under a medical condition which is due to expire will receive a notification advising them to re-apply.

Term Bus Pass holders will receive a notification to re-apply.

If students need to update their information or re-apply, they should go online to https://apps.transport.nsw.gov.au/ssts/updateDetails

Applications need to be submitted before 31 December 2019 to ensure student entitlements are updated and their current entitlement/card is not cancelled. If their application is submitted after 31 December 2019, the system will automatically cancel an entitlement/card and a new one will need to be issued.

Students in the Opal network applying for a SSTS or Term Bus Pass entitlement for the first time will receive their card at their nominated postal address. Cards will be mailed out from January 2020.

| Q | | Q | | | |
|------------------|--------------------------------|--------------------------------------|-----------------------------------|----------------------------------|------------------------------------|
| | Mon | Tues | Wed | Thurs | Fri |
| 14 October 2019 | Rachel Ulman | Jungme Kim Laura Hurrell | Portia Wong | VMen Tu XI Yu | Louise Jin |
| 21 October 2019 | Jen Montealegre Yini Peng | Amy Chan Rossile Kaledjian | Sally Librilla Trisha Vallejos | Debble Llu Yuen Yuen Yip | Ofelia De Los Reyes |
| 28 October 2019 | Trish Seeto | Jo Mannering Nacie Chow | Daniel Musumedi Tom Allen | Yuen Yuen Yip Cynthia Lai | Michelle Stanley Katle Crichton |
| 4 November 2019 | Yini Peng | Selvis Wijays Rachel Ng | Net Yusethephom Elsine Lin | Mithael Chammas Melissa Chung | Cris Barancik |
| 11 November 2019 | Rachel Ulman Claire Choi | Sia Macree Branka Posa | Portia Wong | VMen Tu XI Yu | Nicole Woods Louise Jin |
| 18 November 2019 | Ann Bacel Rachel Uliman | Rossile Keledian Seda Gulesserian | Allson Henderson | Debble Llu | Kate Zhang Wei Li |
| 25 November 2019 | Amy Chan Ann Beacl | Jungme Kim Laura Hurrell | Jacide Fung | Lily Setawan Ani Wibisono | Cris Barancik |
| 2 December 2019 | Tom Allen Glenn Desettine | Nacie Chow Rashel Ng | SWIMMING CARRIVAL (NO CANTEEN) | Shirley Choi Yuen Yuen Yip | Michelle Stanley Katle Crichton |
| 9 December 2019 | Amy Chen Yini Peng | Sylvia Wijaya Branka Posa | Sally Librilla Trisha Vallejos | Kath Element Kate Stipo | Melissa Surjan Julie Bernard |
| 16 December 2019 | Rachel Ulman Xavier Bernard | Ji-Yun Yi Julie Bernard | Julie Bernard Portia Wong | NO MORE SCHOOL | NO MORE SCHOOL |