

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWSLETTER Term 4 Week 8 - 2 December 2019

ACTING PRINCIPAL—Miss Kirsty Thorpe

2019 P+F Leadership Team: I wish to thank the 2019 P&F executive team, who have led the organisation of so many amazing, **FUN**-raising events throughout 2019 that built school spirit and school engagement. As these members step down to welcome in the new 2020 Events Committee, I wish to acknowledge the astounding amount of time, dedication and effort they have put into making school events so wonderful - don't forget the final P&F event is coming up next Friday 13th; The Christmas Palooza!

Thank you to our 2019 P&F executive team:

- 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)

2019 / 2020 OLD Advisory Council: I would also like to extend a heartfelt thanks to our Advisory Council who have met throughout 2019 to represent the school community when school leadership needed to be advised on teaching and learning decision and envisioning the school vision. I thank the Council for continuing in 2020 and Mrs Cassie Cook for her work on the council.

2020 Council Members:

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 - School Principal

Re-envisioning Stage 3: Next year we will be bringing our school vision of 'Innovating' education to life with our re-envisioned Stage 3. Stage 3 are the Year 5 and 6 students who will be combined to make 3 classes mixed with Year 5 and 6 students. However, each school day may look a little different from the last. Sometimes the students may work with their 'homeroom' (a mix of Year 5 and 6 students), or work with their grade or as a whole stage. We have been planning this strategy throughout the year and communicated it to our Stage 3 parents in a meeting a few weeks ago. The Stage 3 teachers will work closely with each other, their students and parents to make this exciting new structure the great success we envision it to be.

At OLD we aim to develop students with a heightened level of independence (especially in preparation for high school); social, academic and mental resilience; perseverance with educational challenges; creative and critical thinking skills; life-long learners with a growth mindset; confident students who can communicate effectively with a range of people. We strongly believe the innovation of Stage 3 will succeed in achieving this.

COMING EVENTS

DECEMBER

Wed 4 Swimming Carnival

Thurs 5 Choir & Yr 1 performing
at Westfield

Fri 13 Gold Coin & Christmas
decoration day

Community Christmas Palooza

Mon 16 Last day for lunch
orders

Tues 17 Stage 3 Beach Safety
Day

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](#)



ACTING PRINCIPAL—Miss Kirsty Thorpe

Students' Semester Two Reports: Student Reports will be emailed home Friday 13th December - they will also be available on Compass. Parents are welcome to organise an interview with their teacher by emailing the school office.

Compass: Please make sure you have downloaded this app on your phone or access it via the internet. It is very important that parents now enter the details of their child's absences before 8.45am, directly onto Compass. If you do this, you no longer need to email or phone the school.

Notifications will also be sent out to parents to remind you of individual class or school events.

Orientation to new 2020 classes: Students Years K-5 will have 'Orientation to new classes 2019' Monday 16th December for 30 minutes in the afternoon. In this session, students will meet their teacher and class members for 2020.

Social Media reminder: As we draw closer to the school holidays it is important to remind everyone about the regulations around social media use in Australia. Below is a link to a fantastic government website that is important for all parents to read about social media, the internet and smart-phones. <https://www.esafety.gov.au/parents/skills-advice>

Last school day of 2019: The last school day for 2019 is Wednesday 18th December. At 10am on the last day (18/12) 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 is provided. Supervision will be provided, as usual, until 3.20pm on Wednesday 18th December.

Return to school for 2020

- Tuesday 28/1/20 Teachers commence - Staff Development Day
- Wednesday 29/1/20 - Assessment day for timetabled individual (1:1) MAI assessments K-6
- Thursday 30/1/20 - First Day of 2019 for students Yrs 1-6 ONLY / Kindy Only: Assessment day for timetabled individual (1:1)
- Friday 31/1/20 – Kindy Only: Assessment day for timetabled individual (1:1)
- Monday 3/2/20 - First Day for K2020 – (Half day only - until 12pm) ... THEN ... (timetabled individual (1:1) assessments, K ONLY, in the PM)
- Tuesday 4/2/19 – First Full Day for K2019 – (Usual 3pm finish to the day)

AWARD WINNERS Week 7



ACTING PRINCIPAL—Miss Kirsty Thorpe

Cambodia stall set up

If you would like to do your Christmas shopping without facing the malls please check out my Facebook page 'Gifts for change' or come along to the Christmas Palooza where I will be setting up my Cambodian stall where all proceeds are donated directly back to the children in the rural village I work with. All proceeds provide these children with nutritious meals, any medical and dental care they need, school supplies, bedding and clothing. I will set the stall up during lunch times on Thursday and Friday for the next two weeks and continue the stall after school and into the Palooza on the 13th. Thank you to everyone for their ongoing and very generous support of my work in Cambodia – especially when this time of year is taxing on everyone.



SWIMMING CARNIVAL—Mr Joe Martin

WHOLE SCHOOL SWIMMING CARNIVAL

PARENTS PLEASE NOTE

Please ensure that your child is at school before the 8.45 bell on Wednesday so that teachers can mark the roll and have the class ready for the buses.

All students need to WEAR THEIR SWIMMING COSTUME under their SPORT UNIFORM.

Bring TOWEL, SWIMMING CAP, GOGGLES, FRUIT BREAK & MORNING TEA, LUNCH (8-13 year olds – NO LUNCH ORDERS!!!) , SUNSCREEN, WATER BOTTLE all in a small bag or backpack.

ALL Kindergarten students and Yr 1 (2020 - 7 year olds) will be returning to school on the bus at 11.30am. They are not permitted to remain at the pool or be taken home early. They will eat lunch at school. (NO LUNCH ORDERS)

ALL other students are to remain at the pool until 1.45pm. Parents in attendance are then permitted to take their children home if they choose to – PARENTS MUST INFORM THEIR CLASS TEACHER PERSONALLY AND ENSURE THAT THEIR CHILD IS MARKED OFF THE CLASS LIST WITH THE TIME NOTED. No student may leave with another parent.

ACTING ASSISTANT PRINCIPAL—Miss Camilla Brown

ADVENT – JESUS LOARD WE ARE READY & WAITING

Thank you to Mr Martin and 5B for leading us in a beautiful Advent liturgy Monday morning. The children set up our prayer space and explained the meaning of waiting in joyful hope for the coming of Jesus! We lit our first candle and prayed:

Father in Heaven,

Your people waited thousands of years for your Promised One.

In Advent, we wait for His coming at Christmas.

Our candles remind us that he came to bring your light so that we could find our way to you.

Thank you for sending Jesus to teach us to know you and to love you.

Amen



Year 6 Graduation Liturgy –



Congratulations to Mrs Gray & the Year 6 students for the beautiful Graduation Liturgy that they presented to the school community last Friday. The Reflection PowerPoint was full of Year 6 memories, the Liturgical Movement was beautifully expressed, the reflection song 'Oceans' was sung from the heart by our Year 6 students and the Gospel procession was reverent and meaningful. Congratulations to Beatrice & Porscha for their beautiful addresses to the community. It was a particularly special moment when we thanked our wonderful Year 6 families, and farewelled those who have celebrated their final year with us at OLD. Finally, A huge **THANK YOU** to Mrs Gray who organised the entire Liturgy, and to Deacon Kevin who engaged the community beautifully in liturgy. We look forward to the Year 6 Graduation Dinner this Wednesday! Blessings to all!

ACTING ASSISTANT PRINCIPAL—Miss Camilla Brown

Vinnies Christmas Appeal



THANK YOU to all those who have donated to our Vinnies Christmas Appeal to support those families in need!

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 9TH 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!

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! **Don't forget your CRAZY CHRISTMAS HAIR** on the day of the 13th and bring in a gold coin-\$5 donation to school to support St Joseph's in Wee Waa, a rural school suffering in the drought.



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!

End of Year Liturgy- 18th December

We welcome ALL our students, families, friends and parish community to our end of year liturgy celebration at 10am on the 18th of December in the Church. We hope to see as many of you there as possible to celebrate another wonderful year and lift our hearts in prayer!

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.



Parent Education Program

Catholic Schools Office Diocese of Broken Bay – Parent Education Team

1-2-3 Magic Workshop, 2020

Building Emotional Intelligence & managing behaviour

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

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



Date: 18th and 25th March, 2020

Time: 9-11am

Venue: Our Lady of Dolours

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

RSVP: Please return the slip to the office or email by **February 21st 2020**
old@dbb.catholic.edu.au

YES I will be attending the 1-2-3 Magic Workshop 18th and 25th March 2020

Name(s)

Child's Class

From the Office

Important message for Year 6 Parents and parents of leaving students

Please be aware that you will need to download/print off semester reports currently appearing in Compass by 31 December 2019 if you wish to keep a record of these. Once a student leaves a school, parent access to that student's details in Compass ceases.

If you have any problems doing this during the holiday period, please contact us after 28 January 2020 when we are open for the new school year.

Important message – we need you to login to Compass, the new parent portal

On **21 November**, all parents were sent an email with information about our new Compass Parent Portal and App, including login details and instructions. The new system, Compass, will enable you to access Information online about your child/ren, anytime, anywhere, from any modern web-enabled device.

Please refer to the email dated **21 November**, and log into Compass if you have not done so yet. We will be using Compass to communicate with our parent community and need to ensure you are not missing out on key information.

Please let the school office know if you have not received an email, or have any questions. ***If the email is not appearing in your Inbox, please check your SPAM or Junk folder.***

COMMUNITY



Fresh cut Christmas Trees

Chatswood Scouts

- A range of sizes on offer
- High quality tree stands also on sale (\$35)
- Delivery available (within 5km radius)

**When: Saturday 14th and Sunday 15th
December, 8am – 1pm**

**Where: Chatswood Brake and Clutch, 113
Fullers Road, Chatswood West.**

Pick out your own tree or pre-order your tree
online at:

<https://www.surveymonkey.com/r/XXXGD5B>

or email chatswood.scouts@yahoo.com



Thank you for supporting your local Scout Group ☺

COMMUNITY

ALL families are invited to this FREE 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!



COMMUNITY



OUR LADY OF DOLOURS *Chatswood Catholic Parish*

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

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

Alpha is a series of free, interactive sessions exploring life, faith and meaning. Everyone is welcome and no question is off limits.

Come join us for food and a chat as we discuss

"Is there more to life than this?"

Mondays from 17th February to 6th April 2020
1 pm - 3 pm sessions & 7 pm - 9 pm sessions



OUR LADY OF DOLOURS
Chatswood Catholic Parish

94 Archer Street Chatswood (Parking via Kirk Street) Call us on 02 9410 9000
RSVP: chatswoodalpha@bbcatholic.org.au

Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.



2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.



3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.



4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access



5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.



6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.



7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



COMMUNITY

FUN



COMMITMENT



SAFETY

RESPECT



CONFIDENCE

TRYTIME RUGBY

SCHOOL HOLIDAY CAMPS – CHATSWOOD

WHO: Rugby players aged between U6-U14yrs (age group split sessions)

DATE: Monday 20th & Tuesday 21st January 2020

TIME: 9am – 3pm (both days) Drop off available from 8am

After-Camp Care also available (see registration website for details)

VENUE: Beauchamp Park, Nicholson St, Chatswood

WHAT: Players of all levels are encouraged to attend this camp. Specialist coaches will work with all players to further enhance their specific skills, whether they are new to game or have played for a number of years.

Players receive:

- Trytime training top & hat (if new to Trytime camps)
- Specialised team and individual positional coaching from highly qualified coaching staff
- Nutritious morning & afternoon tea (please supply lunch for your child)
- A great enjoyable and fun experience

For more information and to register, please go to:

www.trytimerugby.com/camps

Mike Cross

0416 142 451

m.cross@trytimerugby.com

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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.

Our Lady of Dolours Primary School					
Term 4 Canteen Roster					
	Mon	Tues	Wed	Thurs	Fri
14 October 2019	Rachel Ullman	Jungme Kim Laura Humell	Portia Wong	Vivian Tu Xi Yu	Louise Jin
21 October 2019	Jen Monteleone Yini Peng	Amy Chan Roselle Kaledjen	Sally Ubrille Tisha Valjeja	Debbie Liu Yuen Yuen Yip	Ofelia De Los Reyes
28 October 2019	Trish Sweto	Jo Manning Nicole Chow	Daniel Musumeci Tom Allen	Yuen Yuen Yip Cynthia Lai	Michelle Stanley Katie Crichton
4 November 2019	Yini Peng	Sally Wiljaya Rachel Ng	Natt Yuesaphom Elaine Lin	Michael Chammas Melissa Chung	Cris Barandak
11 November 2019	Rachel Ullman Claire Choi	Sia Macross Branka Posa	Portia Wong	Vivian Tu Xi Yu	Nicole Woods Louise Jin
18 November 2019	Ann Bacil Rachel Ullman	Roselle Kaledjen Seda Gukaserien	Alison Henderson	Debbie Liu	Katie Zhang Wei Li
25 November 2019	Amy Chan Ann Bacil	Jungme Kim Laura Humell	Jacqui Fung	Lily Setawan Ani Wibisono	Cris Barandak
2 December 2019	Tom Allen Glenn Desettine	Nicole Chow Rachel Ng	SWIMMING CARNEVAL (NO CANTEEN)		Michelle Stanley Katie Crichton
9 December 2019	Amy Chan Yini Peng	Sally Wiljaya Branka Posa	Sally Ubrille Tisha Valjeja	Kath Element Kate Gipo	Melissa Surjan Julie Bernard
16 December 2019	Rachel Ullman Katie Bernard	Ji-Yun Yi Julie Bernard	Julie Bernard Portia Wong	NO MORE SCHOOL	

Above is the the canteen roster & we have a few spots to fill this term.

The canteen is open Mon-Fri from 12:40pm till 1:40pm, so just an hour of your time is all that's needed.

If you are available to fill any of the orange highlighted spots, please write your name in on that day.

Please unpack boxes of stock (if any) and refill fridge/freezer, etc. .

The kids thank you for your assistance!