

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWSLETTER Term 1 Week 2 - 3 February 2020

ACTING PRINCIPAL—Miss Kirsty Thorpe

Dear Parents and Friends,

As Acting Principal, in Phil's absence, it is an absolute pleasure to welcome all our new families to Our Lady of Dolours Catholic Primary School (OLD). I hope and pray that you quickly come to feel fully connected to, and supported by, the community. To all our existing families, I sincerely welcome you back.

The beginning of our school year is a perfect time to revisit our School Vision and make a commitment to bringing it to life as best as possible as we commence our 2020 journey together:

OLD's School Vision: "Ignite, Innovate and Include in Mercy"

Some thoughts to inspire us:

- **"IGNITE"**: How challenging and how exciting will our learning environment be in every classroom K-6? How will everything we do at school, home and within our parish community be inspiring? How can we ignite our passion for life-long learning, our faith, our friendships?

- **"INNOVATE"**: How will OLD further become an authentic "Culture of Thinking" ... a community of learners who are natural problem solvers and creative thinkers in all aspects of school, home and parish/community life? How can we innovate parent engagement to optimise growth with all our community members?

- **"INCLUDE"**: How 'inclusive' and how 'accepting' will our community be in all areas of school and wider community life? How will academic learning, K-6, flourish in an inclusive learning environment? How will authentic connectedness to 'home', 'parish' and the wider community develop us as a community of learners?

And finally, how well can we do all of the above in a spirit of 'Mercy'?
We look forward to continuing this journey with you all throughout 2020.

Staff Thank You: I wish to whole-heartedly thank all the teaching staff, the office staff, the specialist staff and the maintenance staff for the hours and hours of work done to prepare for 2020 over the holiday break. Put simply, the school and classrooms look fabulous and we're ready for an exciting year of learning.

Parents thank you: Thank you also to the parents who have already been into the school to organise our school canteen and second hand uniform shop - which have already been so busy!

'Tears and Tissues' welcome to our Kindy parents: Yesterday we had a fabulous morning tea to welcome all our new Kindergarten families. Thank you to the Year 1 Events Committee and all other Year 1 parents for making the morning tea and the welcome so special.

COMING EVENTS

FEBRUARY

Mon 10 - Fri 14 Meet the Teacher

Mon 10 6pm Kindergarten info evening (Kindergarten class rooms)

Thurs 20 9am Beginning school Mass

Tues 25 6pm Whole school info evening (school library)

Tues 25 6.30pm Town Hall Meeting (school library)

MARCH

Mon 2 9-10.15am Open Classrooms

Tues 3, 10 & 16 6.30-7.30pm Parent Education Mathematics (school library)

Wed 4 9-10.30am and 6.30-7.30pm OPEN DAY

Wed 18 & 25 9-11am 1,2,3 Magic Parenting Workshop (school library)

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

Important Information sessions and Parent/Teacher Meetings:

- **Meet the Teacher Meetings:** In Week 3 Term 1, (ie the week beginning Monday 10th February), all teachers of Years 1-6 will hold 1:1 parent/teacher meetings. As per last year, these meetings are brief 'getting to know you/ information sharing' . Meetings last 10 minutes.

During the meeting the parents will lead the conversation and discuss the following items:

- ***What are your hopes and dreams for your child in 2020?***
- ***What important information would you like us to know about your child that will help with their learning and social / emotional development?***
- ***What are your child's strengths, interests, hobbies?***

Simply go onto Compass to book your interview time—same process as MAI / BEST Start - instructions at the end of the newsletter (this time you are looking for 'Meet the Teacher' not 'MAI')

- **Kindergarten information evening (Monday 10th February 6pm):** Kindergarten families will meet all together with the Kindergarten teachers for an important information session on Monday 10th February 6pm in the Kindergarten rooms.

- **Whole school Parent Information session; 6pm, 25th February;** All families are invited to a general Parent Information Session with Kirsty Thorpe on Tuesday 25.2.20, 6pm - (ie before the first Town Hall meeting). Parents are welcome to stay on for the Term 1 Town Hall Meeting that commences at 6.30pm.

The Parent Information Session at 6pm will see the following matters addressed:

- Brief outline of our 2020 School Improvement Plan
- Information regarding how the 'new look' Events Committee will operate alongside the School Advisory Council
- Important procedures at OLD School (ie communication, uniform, attendance, social medial protocols, student safety and behaviour etc)

- **Town Hall Meetings; 6.30pm, 25th February:** This year we will be introducing Town Hall meetings which will replace the P&F general meetings. These meetings will be 1 hour in length, live streamed on the school's Facebook page and they will give the Events Committee an opportunity to explain the upcoming events and volunteer opportunities. Prior to each meeting, parents will be able to table agenda items by adding them to the Google Doc accessible by the link given in next week's newsletter.

School Leadership - Term 1:

Acting Principal: Miss Kirsty Thorpe

Acting Assistant Principal: Miss Camilla Brown

Acting Religious Education Coordinator: Mrs Sarah Codsì

Literacy coordinator (All year): Mrs Jane Baker

Pastoral Care and Wellbeing coordinator (All year): Ms Jennfier Tygh

Numeracy Coordinator (All year): Miss Kirsty Thorpe

ACTING PRINCIPAL—Miss Kirsty Thorpe

Staffing News 2020:

In the holidays we met two new OLD family members: Lila Maree McKittrick (Mrs Alix McKittrick's 2nd daughter) & Evelyn 'Evie' May Cook (Mrs Cassie Cook's 3rd child).



(Left) Lila Maree McKittrick. Born on 30.12.19 into the family of Mrs Alix McKittrick, her husband Brandon and big sister Lux.

(Right) Evelyn "Evie" May Cook. Born 25.12.19, 56cm, 3.99 kg. Everyone is doing well and her two big brothers are already so in love with their little sister.



We welcome back Mrs Jill Greenwood in 2020, who has been working as an Acting REC at OLPS, West Pymble throughout 2019. Mrs Greenwood will return as a full-time classroom teacher in 2B.

We also warmly welcome Mrs Margaret Brewster as our EAL/D teacher for 2020 (Mon/Tue/Wed morning/Thurs morning). Margaret is an experienced teacher who has worked with new arrival students and students with English as a second language throughout her career in a variety of schools and dioceses.



Throughout 2020, Miss Ashleigh Ferrero will be the classroom teacher for 4G. We are very happy to have Miss Ferrero returning after she worked in 2B for Semester 2 when Mrs Maguire was recovering from her broken leg.

Miss Eliza Scott-Fell will be working at OLD in Term as the library teacher (Tue/Wed) and in 3G (Thurs/Fri). Miss Scott-Fell has worked in both our diocese and in the private sector.



Mrs Lauren Montgomery is an experienced teacher who has worked in both the Sydney and Broken Bay Dioceses. She will be working as our executive release and the 5/6G classroom teacher on Friday.

ACTING PRINCIPAL—Miss Kirsty Thorpe

Staff for 2020

ACTING PRINCIPAL (Term 1) - Miss Kirsty Thorpe
ACTING ASSISTANT PRINCIPAL (Term 1) - Miss Camilla Brown
ACTING RELIGIOUS EDUCATION COORDINATOR (Term 1) - Mrs Sarah Codsì
PASTORAL CARE / WELLBEING COORDINATOR - Ms Jenny Tygh
LITERACY COORDINATOR Mrs Jane Baker
K BLUE - Miss Olivia Smith
K GOLD - Mrs Sarah Croall/Mrs Trudy Pidcock
1 BLUE - Mrs Sarah Codsì / Mrs Lauren Montgomery (Thursday)
1 GOLD - Mrs Mary-Anne FitzGerald/Mrs Sarah Onishe
2 BLUE - Mrs Jill Greenwood
2 GOLD - Mr Matthew Rowland
3 BLUE - Mrs Sally Briggs
3 GOLD - Miss Camilla Brown / Miss Eliza Scott-Fell
4 BLUE - Mrs Bernadette Antico/Mrs Elizabeth Maguire
4 GOLD - Miss Ashleigh Ferrero
5 / 6 PURPLE - Ms Jenny Tygh
5 / 6 BLUE - Mr Joseph Martin
5 / 6 GOLD - Mrs Jane Baker / Mrs Lauren Montgomery (Friday)
ADMINISTRATION - Mrs Sandra Bourke
RECEPTION - Mrs Jane Zahra
LEARNING SUPPORT - Mrs Jane Bertinshaw/Mrs Christine Cook
P.E - Mrs Lisa Sargent
LIBRARY (Term 1) - Miss Eliza Scott-Fell
COUNSELLOR - Ms Gina Paleologo
ESL - Mrs Margaret Brewster
MUSIC - Mrs Donna Hoy
MAINTENANCE & GARDENS - Mr Dave Gale and Mrs Mia Gale

Year 6 Students Leaders 2020: Every Year 6 student at OLD is a school leader. Congratulations to each and every one of the following:

School Captains:

Genevieve Ho and Francesco Trani

ICLT Leaders:

Valentino Stewart, Evelyn Chan, Ryan Nguyen, Jayden Singh and Ethan De Los Reyes

Literacy Leaders:

Elizabeth Nicholls, Ysabelle Carreno and Akina Ip

Galilee Sport Leaders:

Chloe Choy and Chloe Kuo

Cana Sport Leaders:

Grace Arena and Sofia Papa

Nazareth Sport Leaders:

Samuel Edwards and Kiara Alarcon

Bethlehem Sport Leaders:

Chloe Lee and Sara Andrew

Mercy Action Leaders:

Lara Silva Lopes, Alyssa Ding, Maggie Lin, Layla Ge and Keria Lee

Creative Arts Leaders:

Amitel McJarrow, Audrey Fowler, Iara Bastos Silva, Andrea Tadulan, Chloe Chow and Aarryn Braganza-Kumar

Environment Leaders:

Allegra Tung, Kamakshi Ganduri, Camilla Diaz Cerpa, Keona Beltran and Evangeline Quinane

All Year 6 students will be formally commissioned as school leaders during the beginning school mass on **20th February at 9am.**

ACTING PRINCIPAL—Miss Kirsty Thorpe

Safety at OLD regarding Nuts/Nut Products and Eggs/Egg Products: Several students at OLD can have a serious, life threatening allergic reaction to Nuts/Nut Products and Eggs/Egg Products. Because of this, we strenuously ask all families to not send Nuts/ Nut Products and Eggs/Egg Products to school in your children's lunches. Thank you for your anticipated support of this critical matter.

Internet Agreements and various permission notes: Parents are reminded to return Internet Agreement sheets and all other permission notes to school as soon as possible.

1, 2, 3, Magic Parenting Course For the fourth year running we are offering the wonderful parenting course called '1, 2, 3 Magic'. This is an extremely helpful and practical course that we encourage parents to attend. Please refer to the flyer at the end of this newsletter.

Library helpers: Throughout Term 1, Miss Eliza Scott-Fell will be our library teacher on Tuesday and Wednesday and Mrs Lauren Montgomery will be assisting with some administration time on a Monday afternoon. Throughout the term we require some assistance from parents shelving books and contacting books (which can be done at home or in the library). If you're able to assist in anyway please contact the school - we can accommodate your available times and the amount you are able to help. Thank you in advance.

Students will not be borrowing books for the next two weeks (Week 2 or 3) as we are sorting through all our books to ensure we have the highest quality, up-to-date books in our library.

Compass 2020: Every parent must enter their child's absence before 9am. If your child is marked 'Not Present' by the teacher (rolls are marked by 9am) and you have not entered the absence, a notification will be sent to you informing you that your child is not at school. You will need to add the absence as soon as possible. You will also receive an email to remind you to enter the absence reason within 7 days. *Remember, every school day is important for your child's social, emotional and academic development.*

MAI Assessments and Best Start: Thank you to everyone for bringing in your child/ren for the MAI or Best Start (Kindy) assessment. For those who didn't get an appointment all other assessments will be done in class time.

The MAI is a diagnostic assessment that involves the teacher conducting a 1:1 Mathematics interview with each child. The MAI assessments allow us to ascertain a starting point for the children in four areas of Maths (Counting, Place Value, Addition and Subtraction and Multiplication and Division). The Kindy Best Start assessments inform the teachers of your child's current abilities in Literacy (reading and writing).

Each of these number concepts are described in a series of Growth points. Growth points are like stepping stones along the path to Mathematical understanding'. These growth points are imperative in helping teachers understanding how children learn, assessing where a child's understanding is at in order to plan teaching that meets the students' next 'point of need'. Growth points also assist us in identifying children who are at risk in their learning or who have gaps in their mathematical understanding.

Each teacher analyses the results from the MAIs and programs their lessons according to the needs of every child. The MAIs allow us to differentiate our teaching so every child is being catered for and challenged to their full potential. As a school we also analyse the data to identify the needs of whole grades or areas that the school excel in. The data gives school leadership a really clear picture of where to go in the future relating to Maths and our own Professional Learning as teachers. We have seen some really exciting improvements across the school over the past few years of conducting these assessments and look forward to continued improvements for all students.

ACTING PRINCIPAL—Miss Kirsty Thorpe

Open morning - come and observe a lesson! Monday 2nd March; 9am-10.15am: This year we will be opening up our classrooms for parents to observe a lesson and each term you will be able to observe a different subject in your child's classroom. These open mornings will commence with a short learning opportunity where I will be explaining what you will see and hear in the classrooms and why these things occur. We will then gather afterwards for a questions session (about topics not individual students). We understand it may be disappointing for some parents who are unable to make the chosen date and time but they will be changed each term to try to accommodate as many parents as possible.

Please note, that we ask that you respect the teacher and all the students during these sessions - no photos or videos to be taken, no interaction with students or teachers (other than a little wave. We want them to be focused on their learning), and 100% confidentiality with what you see and hear - no comparisons to be made or discussing other students academic development.

Home Learning 2020: Years 1-6 will be using Google Classrooms to communicate their home learning. Some grades will only use Google Classroom (tasks will be posted on here and handed in using the online forum). Other grades will continue to use a home learning book but will post weekly tasks or instructions on the Google Classroom too. If your child does not have their home learning (or if they lose it), you can simply log onto the grade's Google Classroom and retrieve it. ***Please see your classroom teacher if you have any questions.***

Communicating with teachers: A reminder that all parents must email teachers via the school email which gets forwarded to each teacher. A teacher is unable to reply to emails or phone calls during school time, as their main priority is the education of your children and every teacher has a duty of care for their students. *If a message is urgent please ring the school and this message will be communicated to teachers immediately.*

We ask that you do not try to meet with teachers once the bell has gone and they are walking their class to the classroom or when they are in class. A teacher has a duty of care to their students and all their attention must be with these students. We must respect this duty of care. If you have an urgent message for the teacher, please email/call/see the office.

Parent Education – Mathematics: I will again be offering the 3 session Parent Education course on Mathematics and Numeracy at OLD. These sessions will introduce parents to how and why we teach Maths at OLD, you will walk away with a variety of games to play with children and a deeper understanding of the syllabus that we teach. If you attended the sessions last year, you will not need to attend again.

The session dates are: Tuesday 3rd March, Monday 10th March, Monday 16th March 6.30-7.30pm (held in the school library) If you would like to attend please email the school office before Friday 28th February.

Learning Every Day Counts



Absences add up!

Being **10 minutes** late per day can lead to **6 days missed** per year.



Missing **2 days** of school a month means over **1 entire year** of missed learning in a child's school life.



Each day missed:

- Puts your child behind and makes it harder for them to catch up.
- Can lead to lower achievement in reading, writing and numeracy.
- Can lead to gaps in learning and impact on social and emotional skills.



**ATTEND MORE,
LEARN MORE,
BE MORE...**

Good habits begin early

Be on time each and every day.



Good attendance starts in Kindergarten and sets your child up for success in school life.

What parents can do

- **Be firm.** Send your child to school every day unless they are sick
- Develop good sleep and morning routines
- Schedule appointments after school
- Avoid taking holidays during term time
- Limit screen time

Schools are there to help

If you're having attendance issues with your child, speak to your school about ways to address it.



Additional resources

www.csodbb.catholic.edu.au/schools/attendance



Compass Quick Guides - Conference Bookings for Parents

Browser View

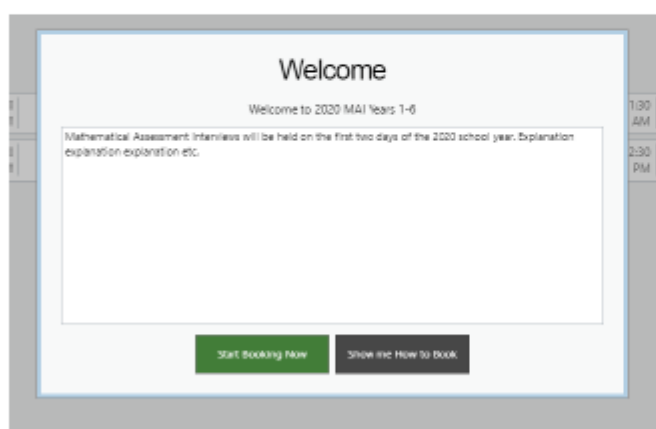
Log into your school's Parent Portal.



My News

Parent Student Teacher Conference
2020 MAT Years 1-6
[Click here for booking](#)

On your home page, in the My News column, click on the blue 'Click here for booking' hyperlink



If it is your first time, you will see this window. You have the option of either booking straight away or running through a tutorial.

ACTING PRINCIPAL—Miss Kirsty Thorpe

2020 MAI Years 1-6

Tuesday, November 12

09:00 AM	09:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM
12:00 PM	12:30 PM	01:00 PM	01:30 PM	02:00 PM	02:30 PM
03:00 PM	03:30 PM				

1. Your child's name

2. The teacher's name

1. Check child's name.

2. List of teachers associated with the meeting for that child.

2020 MAI Years 1-6

Tuesday, November 12

09:00 AM	09:30 AM	10:00 AM
10:30 AM	11:00 AM	11:30 AM
12:00 PM	12:30 PM	01:00 PM
01:30 PM	02:00 PM	02:30 PM
03:00 PM	03:30 PM	

1. Click on the teacher's name. This will reveal more information that the teacher has set for the meeting/interview, including what the meeting will address, if there's any documents that parents need to bring with them and the location of the meeting.

2. Select the timeslot you wish to book.

1– Click on the teacher's name. This will reveal more information that the teacher has set for the meeting/interview, including what the meeting will address, if there's any documents that parents need to bring with them and the location of the meeting.

This action will also highlight all available timeslots.

2– Select the timeslot you wish to book.

Confirm Booking

Reason: Year 4

Staff Member: Fik

Student: H

Time: Tuesday, November 12 2019 - 11:30 AM

OK Cancel

Once the timeslot has been selected in the step before, a confirmation box will appear. In this box will be the reason, staff member involved, student and the selected time for the meeting.

Press OK if all the details are correct. Press Cancel if you wish to go back and amend some details.



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

ACTING ASSISTANT PRINCIPAL —Miss Camilla Brown

Welcome! May I take the opportunity to personally welcome all our families back for another school year. A particularly warm 'hello' to our new students and families- we are excited to welcome you to our school community! Our teaching staff have been working hard during the holidays to get ready for their new students and are all really excited to get to know your children and progress them in their academic journey.

2019 'Welcome Back To School' Reminders:

- **Uniform:** Please ensure all uniforms are neat and tidy each day. Hats are a compulsory part of the uniform and must be worn by students every morning when they arrive at school as well as every time the students go outside (recess, lunch, sport lessons, outdoor lessons). Girls must wear hair accessories of school colours only (on sport days they may wear their colour house colours). Nail polish and colored scrunchies are not permitted (keep it as a holiday treat!).
- **Punctuality:** A reminder that school begins at 8.45am it is very important that children arrive before this time so they are settled with their class at assembly. Arriving after the bell causes your child to have a disruptive start to the day which often causes children to become worried or anxious about the day ahead. Anyone arriving after assembly **must** walk their child to the front office to sign into COMPASS. And finally, supervision will not start until 8.15am, please do not arrive before 8.15am.
- **Lost property:** PLEASE label every item of clothing and equipment your child brings to school clearly with their name. We really want the children to learn responsibility for their belongings and also not waste your money by losing items that you've bought! With an environmental focus this year, the amount of uniform landfill that piles up weekly can be horrifying. We are aiming for no lost property and are aiming to remove lost property baskets.
- **Overarching school rules:** Our PBL (Positive Behaviours for Learning) rules at OLD are: Be **Responsible**; Be **Respectful**; Be **Safe**; Be a **Good Learner**.
- **Summer Heat:** We encourage all students to bring a drink bottle to school and wear sunscreen. The school is not permitted to apply sunscreen on children but if they know.

Little Athletics - HELPERS NEEDED!

We are excited to announce Little Athletics is returning to OLD! Little Athletics is a 10 week program run by professional coaches from 'Little Athletics NSW'. The program prepares our students for the athletics carnival and provides students opportunities to practise track and field skills such as running, jumping, throwing and relays. This was an extremely successful program last year that the children thoroughly enjoyed.

We are looking for parent volunteers to spend the day walking classes up and down to Beauchamp Park. This is a full day commitment that requires lots of walking and supervision. Your help would be greatly appreciated! Please contact the school if you can help & Friday week 6-10.

Masses & Liturgies

Tuesday morning Chapel

We welcome ALL parents, students and teachers to join us at Tuesday morning Chapel shared between Pius, Mercy and OLD. Chapel alternates between Mercy (odd weeks) and Pius (even weeks) and commences at 8am. Please join us in the foyer at 7:50 to walk over together.

Beginning School Mass

We warmly welcome all our parents, students & community to our Beginning School Mass at 9am on Thursday the 20th of February at 9am. This is a wonderful opportunity to begin the year together with worship and praise! We will be presenting our

From the Parish

Year 6 leaders with their leadership badges. We also will celebrate our first Mass with Kindergarten 2020!

The kids are back at school! What now? Your children are receiving a great education in Catholic faith here at OLD Primary. But what about you? When did you last think and have time to talk about the big picture? DO you have questions about the big issues in life, God, meaning and faith? If so, I'd love for you to come and explore these questions with us in the Parish as we do the *Alpha* program during term 1. *Alpha* is a short course which explores the deepest questions of Christian faith, whether you are Christian or not. It assumes nothing, so if you're not from a Christian background, have never been to church or read the Bible, that's ok. It's an easy and accessible way to explore big questions by sharing a meal, watching a 30minute film and then discussing the film. We'll be offering *Alpha* at both lunchtime (1pm-3pm so that you are ready to pick up your kids) and dinner

COMMUNITY NEWS



Calling for Canteen Volunteers!

The Canteen is open 12:40pm – 1:40pm Monday to Friday. Just an hour of your time is all that's needed.

Please email us your availability to olodcanteen@yahoo.com.au or cqb0912@gmail.com.

Send the following information:

Full name:

Mobile number:

Email address:

Grade (which grades are your children in):

Requested days:

Frequency (eg. Once a week, once a fortnight, once a month, once a term)

Please feel free to email us for any questions or clarifications.

The kids thank you!

Rosalie Keledjian & Cris Barancik

Our Lady of Dolours Primary School SY 2020, Term 1 Canteen Roster					
	Mon	Tues	Wed	Thurs	Fri
27 January 2020	Holidays	Holidays	Holidays	Rosalie Keledjian	Cris Barancik
3 February 2020	Sonye Purches Amy Chan	Selvia Wijaya	Melissa Chung Portia Yu	Alison Henderson	Ani Wblasono
10 February 2020	Sonye Purches Amy Chan	JO Yu	Portia Yu	Sia Macrae	Cris Barancik Ani Wblasono
17 February 2020	Amy Chan	Blanka Posa Seda Guleserian	Portia Yu	Sonye Purches	Sheryl Maynard Ani Wblasono
24 February 2020	Amy Chan	Sonye Purches	Portia Yu	Sheryl Maynard	Cris Barancik Ani Wblasono
2 March 2020	Amy Chan	Blanka Posa	Portia Yu	Sonye Purches	
8 March 2020	Amy Chan	Sonye Purches	Portia Yu	Rosalie Keledjian	Cris Barancik
18 March 2020	Amy Chan	Sonye Purches	Portia Yu	Carlyn Linders	
23 March 2020	Amy Chan	Sonye Purches	Portia Yu	Kate Stipo	Cris Barancik
30 March 2020	Amy Chan	Sonye Purches	Portia Yu	Carlyn Linders	Selvia Wijaya
6 April 2020	Sonye Purches Amy Chan	Blanka Posa	Portia Yu	Rosalie Keledjian	Cris Barancik

Above is 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!

Chatswood Junior Rugby Club welcomes boys and girls for under 5's up for the 2020 season.

At Chatswood we offer:

- Coaching excellence including professional coaches.
- Yearly interstate and overseas tours for different age groups.
- Fabulous family atmosphere and social events.
- Clubhouse and canteen.

New players receive great gear:

- Backpack with player initials.
- 2020 Chatswood cap.
- Training t-shirt.
- Shorts and socks.
- Junior Waratahs 2020 season membership + other goodies.


To register go to myaccount.rugby.com.au





The Best Family Club on the North Shore

Beauchamp Park – Nicholson St, Chatswood

chatswoodjuniorrugby.com.au

 [ChatswoodJuniorRugby](https://www.instagram.com/ChatswoodJuniorRugby)

 [ChatswoodJuniorRugbyClub](https://www.facebook.com/ChatswoodJuniorRugbyClub)

 [Chatswood_Junior_Rugby](https://twitter.com/Chatswood_Junior_Rugby)

CHATSWOOD YEAR OF THE RAT FESTIVAL

20 January – 8 February 2020



www.visitchatswood.com.au/lny2020

免费的



BUILDING FAMILY RELATIONSHIPS 建立家庭关系 PARENTING WORKSHOP 育儿工作坊

For parents and grandparents 适用于父母和祖父母



Wednesday 12th
February 2020
10:30am – 11:30am



Chatswood Library;
Lower Ground, The
Concourse, 409 Victoria
Ave, Chatswood



FREE

A workshop for parents and grandparents to build healthy strategies on how to build positive relationships with their children. For families with children 2-12years.

本工作坊适用于家有2-12岁的父母和祖父母，工作坊旨在探讨如何建立积极亲子关系的健康策略

工作坊有会说中文的社区义工提供翻译服务

Community Volunteer Chinese speaking interpreter available for workshop presentation

需要预定位置
**BOOKINGS ARE
ESSENTIAL**

Naremburn Family Centres
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au
Note: Childcare is not available

catholiccaredbb.org.au

COMMUNITY NEWS



CatholicCare
Diocese of Broken Bay

NAREMBURN & NORTHERN BEACHES FAMILY CENTRES

TERM 1 PROGRAMS 2020

catholiccaredbb.org.au/brochures

WOMEN'S WELLBEING GROUP

A space for women over 18 to come together in a safe welcoming environment. Join us for art, cooking, yoga, support and more.

Fridays
7 February – 3 April 2020
10.30am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Cost
Free

KEEPING KIDS IN MIND

For parents experiencing conflict after separation. Learn how to support your children.

Thursdays
13 February – 12 March 2020
10.00am – 12.30pm

Northern Beaches Family Centre
116/20 Dale Street, Brookvale

Cost
\$100

STEP INTO WORK

Designed for women who want to find meaningful paid work. Assists with recruitment, coaching, planning and stress management.

Tuesdays
18 February – 17 March 2020
10.00am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Cost
Free

1 - 2 - 3 MAGIC

For parents of 2 - 12 year olds. Learn how to manage behaviour without arguing or shouting and enhance your relationship with your children.

Tuesdays
24 March – 7 April 2020
10.30am – 12.30pm

Naremburn Family Centre
40 Merrenburn Avenue

Cost
\$20

MORE INFO:
P: (02) 8425 8700
E: intakefs@catholiccaredbb.org.au

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MORE INFO:
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