# OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL NEWSLETTER Term 1 Week 4 - 17 February 2020

# **ACTING PRINCIPAL—Miss Kirsty Thorpe**

**Random Acts of Kindness week** This week I am so thrilled that as a school community we are celebrating 'Random Acts of Kindness Week' as the last few months have been really challenging for so many people across Australia. I believe it is so important that we always consider our words and actions as we never know what people are going through - all we need to do is be kind. If we, as adults, can be examples of this to the students at OLD, I believe they will learn from our example and reap the benefits of a kind and compassionate community. I hope you all enjoy spreading joy, love and kindness to those around you. Please feel free to email the school with photos or stories of 'Random Acts of Kindness' that we can share - you can remain anonymous too.



- Kindness releases feel-good hormones.
- Kindness eases anxiety.
- Kindness is good for your heart.
- It can help you live longer.
- It reduces stress.
- Kindness prevents illness.

**Fundraising for Bushfire relief** Part of our 'Random Acts of Kindness Week' is our wonderful fundraising event where all proceeds are donated to the Vinnies Bushfire appeal. I wish to thank everyone who participated by dressing up as a farmer or fire-fighter, donated a gold coin or bought a second hand book or two. An important lesson for our students to learn through these events, is that we can make a difference - it doesn't matter how old or young we are, how much money we have - but by showing compassion to those in need is already a giant step towards making a difference in our world.

https://donate.vinnies.org.au/appeals-nsw/vinnies-nsw-bushfire-appeal-nsw





# COMING EVENTS

# FEBRUARY

Tues 18—Fri 21 2nd hand book sale fundraiser for bushfire relief

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.olddbb.catholic.edu.au

# **Our Lady of Dolours**



# DID YOU KNOW?

#### KINDNESS IS TEACHABLE

"It's kind of like weight training, we found that people can actually build up their compassion 'muscle' and respond to others' suffering with care and a desire to help." Dr. Ritchie Davidson, University of Wisconsin

#### KINDNESS IS CONTAGIOUS

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

# **KINDNESS INCREASES:**

#### THE LOVE HORMONE

Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism, which is extra helpful when we're in anxious or shy in a social situation.

#### ENERGY

"About half of participants in one study reported that they feel stronger and more energetic after helping others; many also reported feeling calmer and less depressed, with increased feelings of self-worth"

Christine Carter, UC Berkeley, Greater Good Science Center

#### HAPPINESS

A 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

#### LIFESPAN

KINDNESS

HEALTH FACTS

"People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying early, and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status and many more. This is a stronger effect than exercising four times a week or going to church." Christine Carter, Author, "Raising Happiness; In Pursuit of Joyful Kids and Happier Parents"

#### PLEASURE

According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the "helper's high."

#### SEROTONIN

Like most medical antidepressants, kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

# KINDNESS DECREASES:

#### PAIN

Engaging in acts of kindness produces endorphins, the brain's natural painkiller!

#### STRESS

Perpetually kind people have 23% less cortisol (the stress hormone) and age slower than the average population!

#### ANXIETY

A group of highly anxious individuals performed at least six acts of kindness a week. After one month, there was a significant increase in positive moods, relationship satisfaction and a decrease in social avoidance in socially anxious individuals. University of British Columbia Study

#### DEPRESSION

Stephen Post of Case Western Reserve University School of Medicine found that when we give of ourselves, everything from life satisfaction to self-realization and physical health is significantly improved. Mortality is delayed, depression is reduced and well-being and good fortune are increased.

#### BLOOD PRESSURE

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardioprotective" hormone. It protects the heart by lowering blood pressure.

RANDOM ACTS OF KINDNESS FOR MORE INFORMATION, VISIT WWW.RANDOMACTSOFKINDNESS.ORG



### Interesting find in one of our Year 3 classroom

During the weekend our wonderful maintenance man Mr Dave Gale was removing blackboards from the Year 3 classroom and he found this historic note on the back of one of the boards. Now that the 1970s blackboard has been removed, a new 21st century, touch-screen, interactive board has been added to the classroom. Now all OLD classrooms have new Promethean boards to enhance teaching and learning.

## St Pius X College Enrolments for Year 7 2024 (for Catholic boys presently in Year 3 at OLD)

Parents are reminded about the special 'priority enrolment' privilege that OLD School enjoys with St Pius X College that allows Catholic students at OLD entry into Year 7. This privilege gives parents a clear choice to keep their child at OLD School until the end of Year 6 allowing them to benefit from important leadership opportunities and a myriad of pastoral and educational advantages. In order to secure this 'priority enrolment' privilege, parents with Catholic boys presently in Year 3 at OLD School must fill an enrolment form at St Pius X College during the month of March this year. Details can be found at: <a href="http://www.spx.nsw.edu.au/enrolment/dsp-default.cfm?loadref=36">http://www.spx.nsw.edu.au/enrolment/dsp-default.cfm?loadref=36</a>

### St Pius X College Enrolments for Yr 7 2022 (for Catholic boys presently in Year 5 at OLD)

Similar to the conditions above, parents can also apply for Year 7, 2022 and families will be given Priority as a Catholic family coming from a Catholic Primary School. Parents need to feel confident that St Pius X College will put a priority on their application, but they must also be aware that there is no guarantee of securing a place.

<u>Mercy College Principal visit (25/2/2020; 2.30pm)</u>: On Tuesday 25th February (2.30pm), Mrs Suzanne Kavanagh, the principal of Mercy College Chatswood, will be visiting OLD with some of our ex-students, to speak to the girls in Year 2-6 about Mercy College. Parents who you are interested in learning more about the College you are welcome to attend this talk.

**Enrichment at OLD and across Diocesan schools:** Throughout 2020 teachers across the diocese will be completing the Mini-Certificate of Gifted Education with UNSW. Selected teachers from OLD will also be completing this wonderful professional learning and then go on to lead the staff in using new research and tools to identify gifted students. This will further assist teachers to differentiate and assess students to ensure enrichment occurs at point of need for all students.

<u>Mathematics at OLD</u>: Following on from conducting an MAI on every child, the teachers have met with me 1:1 to analyse their class data and delve deeply into the needs of their students. Teachers used this opportunity to create goals for their students and develop creative, deep thinking learning opportunities to cater for the different needs in the class. I am excited to share information about how Maths is taught at OLD and how you can enhance this teaching at home during my Parent Education sessions (info below).

# Town Hall Meeting and Acting Principal's Address (25th February):

### Acting Principal's address (6-6.30pm):

- 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 Meeting (6.30-7.30pm):

### AGENDA ITEMS

-Structure of Events Committee and Class Parents for 2020 -Term 1 & beginning Term 2 School Events (Organised by Events committee) -How you can help in 2020 -How the Parent Levy 2020 will be used for the students in 2020

If you would like to add an agenda item please email the school before Friday 21st Feb. Remembering that this meeting is for whole school agenda items. Items specific for a grade or student will not be discussed at Town Hall meetings.



<u>Parent Education – Mathematics</u>: A reminder to please email the school if you are interested in attending the Parent Education sessions coming up about Mathematics. *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.* 

## "123 Magic" is back again for 2020

Please contact/email the school office to register ... And yes, it's free ... And yes, it's at OLD School! Session 1 of 2 (9-11am): Wednesday 18th March Session 2 of 2 (9-11am): Wednesday 25th March



# ACTING ASSISTANT PRINCIPAL — Miss Camilla Brown

### **Class Parents**

We are still looking to allocate class parents for different grades in the school, particularly Kindy, Year 3, Year 5 & Year 6. The role of the class parent to help the teacher on an 'as required' basis such as preparing farewell cards/gifts for departing students, reminding parents about a class picnic, collecting photos for the Mothers/Fathers day Powerpoint and so on. If you are interested in becoming a class parent, please email the school office.

### Little Athletics - HELPERS NEEDED!

We are looking for parent volunteers to spend the day walking classes **Year 3-6** up and down to Beauchamp Park, **K-Yr 2** will run their program at school and do not require helpers. This is a full day commitment that requires lots of walking and supervision. Your help would be greatly appreciated!



# Masses & Liturgies

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

### Shrove Tuesday

Please see the information below about Shrove Tuesday next Tuesday the 25th.

# 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, <u>2 hour</u> 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(<u>s)</u>

Child's Class

# ACTING ASSISTANT PRINCIPAL — Miss Camilla Brown





# **COMMUNITY NEWS**

# **Open Day & Open Evening 2020**



Wednesday 4th March

9.00am-10.30am 6.30pm-7.30pm





# **COMMUNITY NEWS**

# SHROVE TUESDAY



25th Of February 2020

All students will be given a butter/jam pancake to eat in the spirit of Shrove Tuesday (the day before Lent begins). Pancakes contain dairy, eggs and gluten. Please inform the school if you do not wish for your child to have a pancake and we will make other arrangements.

Please bring a gold coin donation. All proceeds will go to Project Compassion

# **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 cgb0912@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	Sonya Purches Amy Chan	Selvia Wijaya	Melissa Chung	Alison Henderson Janelle Johnson	Ani Wibisono
10 February 2020	Sonya Purches Amy Chan	Xi Yu	Portia Yu	Sia Macree	Cris Barancik Ani Wibisono
17 February 2020	Amy Chan Ann Bacsi	Branka Posa Seda Gulesserian	Portia Yu	Nicole Woods Olivia Ma	Sheryl Maynard Ani Wibisono
24 February 2020	Trisha Seeto Cluff Marilyn King	Olivia Ma	Portia Yu	Sheryl Maynard	Cris Barancik Ani Wibisono
2 March 2020	Amy Chan	Branka Posa	Portia Yu	Sonya Purches	Sally Park Christine Lee
9 March 2020	Amy Chan	Debby Liu	Portia Yu	Rosalie Keledjian	Cris Barancik
16 March 2020	Trisha Seeto Cluff Marilyn King	Yini Peng Li Wei	Portia Yu	Carlyn Linders	
23 March 2020	Amy Chan		Portia Yu	Kate Stipo	Cris Barancik
30 March 2020	Amy Chan		Portia Yu	Carlyn Linders	Selvia Wijaya
6 April 2020	Amy Chan	Branka Posa	Portia Yu	Rosalie Keledjian	Cris Barancik

# **COMMUNITY NEWS**



Dear Parents,

O.L.D.'s Scholastic Book Club will start with **Issue 2** in **Term 1**. The catalogue will be arriving soon. You can still purchase books from Issue  $\underline{1}$  and have it home delivered.

To keep book club running, I am currently looking for parents to help distribute books 3 times this year. Issue 2 (term 1), Issue 3 (term 2) and Issue 7 (term 4).

Please contact me at oldscholastisbookclub@gmail.com.

Sincerely, Julie Roman



Level 1 30A George St, Burwood 2134 Office: (02) 9745 1170



# CHESS!!

Learn to be a chess champion! Coaching for students at Our Lady of Dolours Primary School (Chatswood) is held on Thursdays from 12:40pm to 1:40pm, starting on 13 February 2020.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email <u>enrol@sydneyacademyofchess.com.au</u> for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

# **Community News**

# OUTSTANDING RESULTS IN THE HIGHER SCHOOL CERTIFICATE. RANKED 99<sup>TH</sup> IN THE STATE.



# MERCY CATHOLIC COLLEGE OPEN DAY SUNDAY, 1 MARCH 2020 11AM-2PM

TOUR OUR COLLEGE GROUNDS INCLUDING OUR NEW GILCHRIST CAMPUS DESIGNED TO CATER FOR 21<sup>st</sup> CENTURY LEARNING.

CATHOLIC GIRLS SECONDARY COLLEGE, YEARS 7 - 12 MERCYCHATSWOOD.NSW.EDU.AU



# SOCCER at O.L.D. Attention ALL SOCCER PLAYERS...

Would your child like to play soccer this year?

Over the years Our Lady of Dolours soccer has proven to be heaps of fun and a great way for children (and families) to form and establish wonderful friendships.

The 2020 soccer season kicks-off soon and we're looking for players in all age groups for 2020!

For more information, please email expressions of interest as soon as possible to the school Football Co-ordinator, James O'Donnell

ourladyofdolourssoccer@gmail.com