

OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

NEWSLETTER Term 1 Week 7 - 9 March 2020

ACTING PRINCIPAL—Miss Kirsty Thorpe

Wellbeing Week: Every Week 7 of the Term is our very special Wellbeing Week and this week we are very excited to celebrate it with the school community. Students will not have homework this week (but daily reading is still recommended) and the teachers do not have meetings. Please use this week to plan some fun activities to do at home with your family or even challenge yourselves with a screen free night/week. Please enjoy looking after your physical, emotional, mental and spiritual wellbeing this week.

Exciting news! We received some very exciting news last week, that we are ranked number 6 in all Northern Sydney schools (172 schools) with the most growth in NAPLAN over the past 5 years. An independent analysis of five years of NAPLAN results have revealed the schools that improved most in the Northern Sydney region. The independent analysis, which compiled data from the Federal Government's My School website, looked at scores from the year 5 and year 9 tests between 2014 and 2018.

The full article is included further in the newsletter for your interest.

School	Suburb	Y5 Average	Y5 Change %
St Rose Catholic Primary School	Collaroy Plateau	2,719	11.94
Meadowbank Public School	Ryde	2,605	7.91
St Kevin's Catholic Primary School	Dee Why	2,569	7.85
St Therese's Catholic Primary School	Denistone	2,537	7.59
Hornsby North Public School	Hornsby	2,900	6.76
Our Lady of Dolours Catholic Primary School	Chatswood	2,660	6.71
Epping Heights Public School	Epping	2,794	6.56
Arden Anglican School	Epping	2,799	6.54
Melrose Park Public School	West Ryde	2,487	6.44
Northcross Christian School	Ryde	2,833	6.41

1-10 / 172

Number of schools: 172

COMING EVENTS

MARCH

Tues 10 & 16 6.30-7.30pm Parent Education Mathematics

Wed 18 & 25 9-11am 1,2,3 Magic Parenting Workshop

Wed 18- 20 Stage 3 Camp to Canberra

Fri 27 Parents Night Out

APRIL

Thurs 2 Parent Education—Growth Mindset

Thurs 9 Last day of Term 1

Mon 27 Staff Development Day

Tues 28 Students return for Term 2

MAY

Fri 8 Mothers Day Breakfast 7.30-8.30am

Mothers Day Mass 9-10am

Mon 11 School Photos

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



Now Enrolling

Enrolling now for 2021: A reminder for all families with siblings starting Kindy in 2021 that enrolments are now open and enrolment interviews have commenced. Please download the enrolment forms off the school website and visit the front office to book your interview.

Sport news! Congratulations to our Swimming Team who competed in the North Shore cluster swimming carnival last week. The school ranked 6th overall (out of 14 schools) which is the best results in many years. Well done everyone! Tonight we wish Euna (Year 3), Kathleen (Year 3) and JunSoo (Year 5) a very heartfelt good luck as they are competing in the Diocesan carnival against all 36 Broken Bay primary schools. JunSoo is competing in 5 events and the girls will compete in 1 event each - Good luck, everyone at OLD will be cheering you on!



Parent Education - Mathematics: Thank you to all the parents and Miss Olivia Smith (KB), for joining me for the first session of Parent Education last Tuesday. We all had lots of fun playing new games and learning some vital information about why we teach the way we do. I am really looking forward to seeing everyone who registered tonight in Room 19 (5/6G classroom - up the stairs next to the COLA) at 6.30pm.

Open Day - Thank you Year 6!! A very special thank you and congratulations to our Year 6 leaders for the amazing work they did last week for Open Morning and Evening. I have had the most extraordinary feedback from prospective parents about how impressive you all are and how much they wish their children will one day grow into the mature, responsible, friendly and intelligent children you are. I am beyond proud of the leaders you are transforming into.



ACTING ASSISTANT PRINCIPAL —Miss Camilla Brown

Harmony Day

We invite all families to our Harmony Day Liturgy from 9am -10am on Monday the 23rd of March. This is a day when we can celebrate the amazing cultural diversity across Australia. Celebrating Harmony Day is about inclusiveness, respect and belonging for all Australians. The theme this year is: **'We Belong.'**

We invite everyone to come dressed in their traditional clothes OR in a 'touch of orange'. *Thank you to Mrs Brewster, our EAL/D Teacher, for organising this wonderful event. (more information included in this newsletter)*

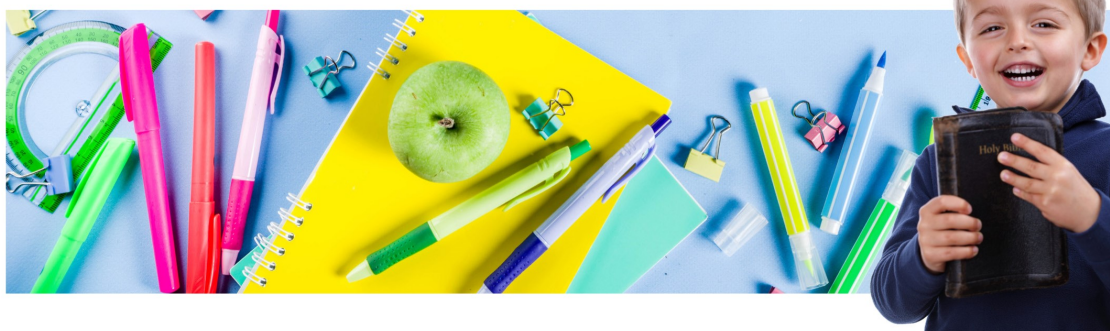


National Anti-Bullying Day- 20th of March

Next Friday is National Anti-Bullying Day. On this day the students will learn about Anti-Bullying and how to build positive relationships. The theme for 2020 is 'Take Action Together'. Next week students will learn more about National Anti-Bullying Day and explore topics such as: What is Bullying? What are the types of bullying? What do I do if I think I am being bullied? What do I do if I see someone being bullied? What does it mean to 'take action together?' You may wish to visit the government website for some great resources to help you continue this conversation at home <https://bullyingnoway.gov.au/NationalDay>

Parent's Night Out - Friday 27th March

In the spirit of our school vision to 'Ignite, Innovate, Include, in Mercy,' a reminder that all parents are welcomed to our Parents Night Out! This night is intended to make all families feel welcomed to our wonderful school community. Whether you are a new parent or a long-standing parent....come join us! This evening is a wonderful opportunity to meet new people and catch up with old friends (and enjoy a night away from the kids!). Thank you to the events committee for your hospitality and organisation, I'm sure it will be a great evening.



Enrolling your child in a Catholic School this year?

Throughout the year people contact the parish seeking a parish priest's reference for enrolment into a Catholic School. In 2020, Fr Jim invites parents seeking a reference to attend a Parent Connect Gathering which will develop the partnership of parish, family and school in the project of teaching Catholic faith to both primary school and high school.

We will host several gatherings throughout 2020 with the first one being held on 7th March 2020, 10 - 11 am in the Magnificat Room (Cnr Kirk and Archer Streets).

To RSVP, please book online through the parish website www.bbcatholic/chatswood under the school's tab.
For more information, email Bernadette.bernadette.ho@bbatholic.org.au

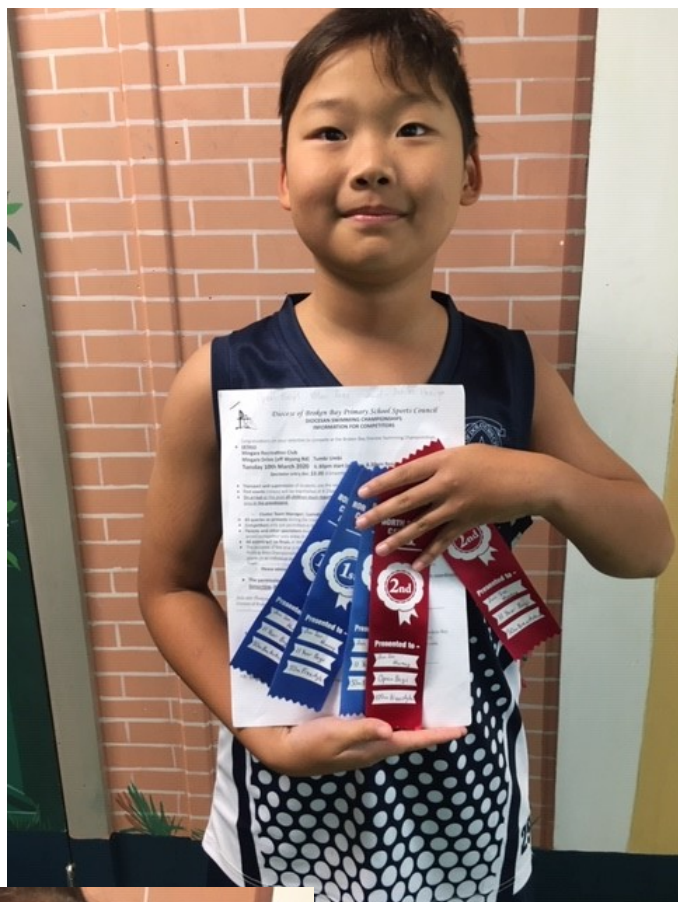
2020 PARENT CONNECT GATHERING DATES

Time	Day	Date
10 - 11 am	Saturday	7th March
10 - 11 am	Saturday	4th April
10 - 11 am	Saturday	16th May
10 - 11 am	Saturday	13th June
10 - 11 am	Saturday	8th August
10 - 11 am	Saturday	12th September

SPORTS NEWS

Congratulations to Jun Soo, Euna and Kathleen who will be competing at the Diocesan Swimming Carnival on Tuesday 10th March.

Congratulations also to all of our Cluster Team who competed at Hornsby last Tuesday. We had many great results and were complimented by the organisers on our 'manners' when collecting ribbons.



Kindy Blessing



The Catholic community of Chatswood *invites all* the Kindy children and their families to our:

'Kindy Blessing Mass'
On Sunday 15 March 2020
At our 9am Family Mass

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

After Mass please join us at Our Lady of Dolours Primary School playground where we will have **morning tea** and a **jumping castle!**

Please bring a plate to share!

All welcome!



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

Ideas for Wellbeing Week

Wellbeing Week is a time that your child can have a break from their homework routine and spend quality time with friends and family.

Below are some ideas of activities you and your child could do during Wellbeing Week.

- ♦ Go to the park with your friends or family members.
- ♦ Have a screen free night.
- ♦ Organise a play date with a friend
- ♦ Play a card game or board game with your family
- ♦ Go for a walk/bike ride/scooter ride
- ♦ Have a special treat after school
- ♦ Cook or bake a meal together
- ♦ Have a movie afternoon/night

Enjoy Wellbeing Week!



HARMONY WEEK



Dear Parents,

On Monday the 23rd March, Our Lady of Dolours School community, will be celebrating Harmony Day.

It is a significant day where we all come together as one community, to celebrate the diversity of our cultural traditions. Harmony Day is especially important to us at OLD as we have 31 wonderful cultures to acknowledge and celebrate. Across Australia, Harmony Day celebrations commence on Sunday 15th March. Celebrating Harmony Day is about inclusiveness, respect and belonging for all Australians.

The following link lists events that are occurring around Australia.

[Harmony Day Events](#)

The theme this year is: 'We Belong.'

On Monday 23rd we would like the students to show they all belong by:

wearing traditional dress

or

wearing an accessory that represents their culture

or

wearing 'a touch' of orange (the orange colour has been chosen to represent harmony)

We invite you to join us on:

Monday 23rd March for our liturgy in the school hall from 9 –10 am.

Margaret Brewster EAL/D Teacher





Life Skills
Creative Time
New Experiences
Construction & Manipulative Play
Outdoor Play Time
Homework & Quiet Time

To book, visit:
www.campaustalia.com.au
or call 1300 105 343

Take the fun of OSHC back home with one of our very own recipes!

Camp Australia's Healthy Eating Program operates in every service every day, including Holiday Clubs. To support this program, we developed our very own Camp Australia Cookbook which contains over 80 delicious, and easy to prepare, savory, sweet and no bake recipes from around the world which the children can cook in the service and enjoy them! Here's one that you can cook with your children at home:

Bliss Balls (Serves 10)

Ingredients:

- 1 banana (mashed) • 3 tbsp sultanas
- $\frac{1}{2}$ cup dried apricot (chopped finely)
- $\frac{1}{4}$ cup rice bubbles • 1 tbsp cooking oats
- $\frac{1}{4}$ cup coconut

Method:

1. Mash banana and add dried fruit and combine in a mixing bowl
2. Mix in rice bubbles and then cooking oats (allow to thicken for 5 mins)
3. Place coconut in a bowl, roll the mixture into balls and toss in coconut. Refrigerate



Join us for more cooking adventures, It's FREE to Register.

Register at pp.campaustalia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

You may be eligible to claim subsidies on your care usage!

If eligible, to help you with the cost of childcare, you may be entitled to receive the Australian Government Child Care Subsidy. Visit my.gov.au to find out more.

For more information on our service and fees, visit our website www.campaustalia.com.au. Alternatively, come and meet the team in the OSHC room. We'd love to meet you, and you can find out more about OSHC from our friendly, qualified Educators.

Safety • Meaningful • Innovative • Leadership • Education
we make kids smile



Our Lady of Dolours Parents Night Out

The Events Committee has organised this year's Parents Night Out and we'd love for you to join us. So book the babysitter and have a night out on Friday 27 March from 6.30pm at The Avenue in Chatswood (465 Victoria Avenue). There will be food, music and lucky door prizes. The cost is \$25 per person and can be paid via Qkr!

Revealed: The most improved schools across Northern Sydney

After much number crunching NewsLocal can reveal the most improved schools over the last five years across Sydney. See the full list and where your school came.

Benjamin Wilson and Geoff Egan, Wentworth Courier

An independent analysis of five years of NAPLAN results have revealed the schools that improved most in the Northern Sydney region.

The independent analysis, which compiled data from the Federal Government's My School website, looked at scores from the year 5 and year 9 tests between 2014 and 2018.

The Northern Sydney school that improved its year 5 results the most since 2014 was

St Rose Catholic Primary School, in Collaroy Plateau, where average results improved by 11.9 per cent across all subjects.

By comparison the average year five NAPLAN improvement across the state was just 0.25 per cent and 0.39 per cent across the Northern Sydney region.



St Rose Catholic Primary School improved their year five NAPLAN scores more than any other school in Northern Sydney.

The biggest improvement made by St Rose was in the year five grammar test, as grammar results jumped 134 points since 2014.

The next biggest improvement was in reading, which jumped 77 points, followed by numeracy which climbed 51 points.

NSW

Northern Sydney

Primary

Secondary

Suburb

School Name

Filters

Northern Sydney, NSW - NAPLAN Results Five-Year Change

School	Suburb	Y5 Average	Y5 Change %	
St Rose Catholic Primary School	Collaroy Plateau	2,719	11.94	
Meadowbank Public School	Ryde	2,605	7.91	5
St Kevin's Catholic Primary School	Dee Why	2,569	7.85	
St Therese's Catholic Primary School	Denistone	2,537	7.59	4
Hornsby North Public School	Hornsby	2,900	6.76	
Our Lady of Dolours Catholic Primary School	Chatswood	2,660	6.71	6
Epping Heights Public School	Epping	2,794	6.56	
Arden Anglican School	Epping	2,799	6.54	5
Melrose Park Public School	West Ryde	2,487	6.44	
Northcross Christian School	Ryde	2,833	6.41	10

1-10 / 172

Number of schools: 172

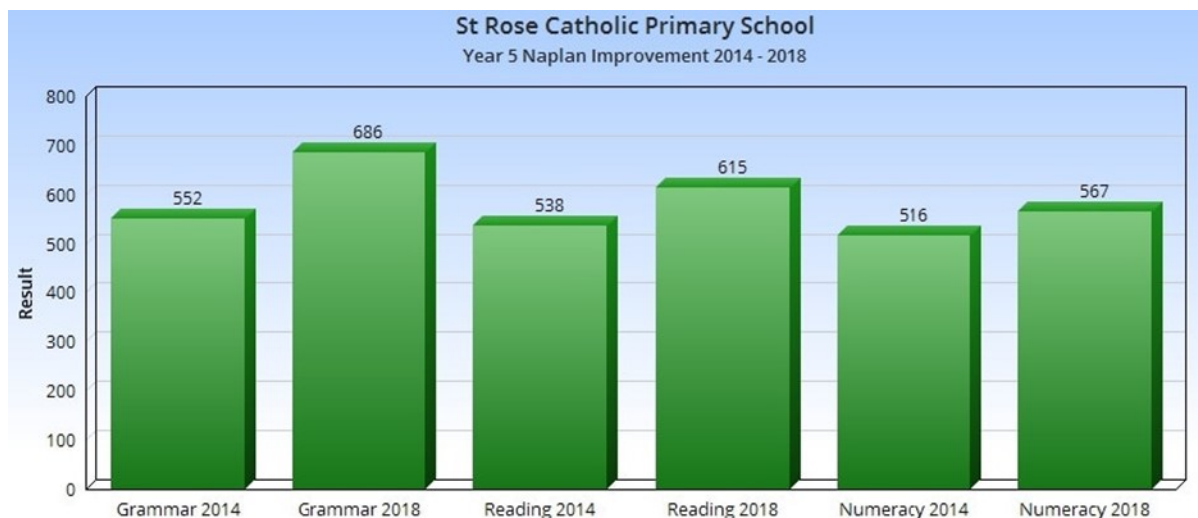
NAPLAN performance has been calculated by finding each school's yearly average total over five years. Five year change has been calculated by finding the percentage change between a school's NAPLAN scores over five years. Queensland schools cover the 2015 to 2019 period. Schools in all other states and territories cover the 2014 to 2018 period.

A school was excluded from the analysis if it had fewer than 20 students, is a special school, or it did not have scores listed on MySchool for each NAPLAN subject over the relevant period.

Source: myschool.edu.au

Community News

Principal of St Rose Catholic Primary School, Josie Vescio, highlighted “early identification and intervention for each student’s learning strengths” as integral to improvements in grammar and reading, and this starts before the pupils even reach kindergarten.



St Rose Catholic Primary School’s growth in the grammar, reading and numeracy sections of the NAPLAN test over five years.

“Our ‘Transition to School’ program ... ensure[s] we develop a profile of the student at entry point, tailor learning experiences that will close the gaps and improve reading skills core to all learning,” she said.

Ms Vescio also praised the efforts of parents consolidating the efforts in the classroom through home learning.

“Our parents and teachers collaborate to form a wraparound model to enable children to achieve outcomes,” Ms Vescio said.

“Parents regularly help out in the classrooms and they have an understanding of the strategies teachers use to deepen the students’ learning.”



Parents regularly help out in the classroom or during special events such as Book Week at St Rose. Photo: Virginia Young

Community News

St Rose Catholic Primary School has a library program where year five students are responsible for collecting and re-homing returned books, encouraging them to use the library facilities.

The school's co-curricular meditation initiative has also provided students with the tools to increase focus and remain calm in stressful situations such as NAPLAN testing.

Despite having the biggest year five NAPLAN improvement in the area, Ms Vescio identified key learning areas she hopes the school will continue to improve.

"We have identified spelling and sentence structure, in writing, as areas of continued focus," she said. "Through working mathematically we aim to improve students' problem solving, reasoning and creative thinking skills."

The school with the second biggest improvement in year five results was Meadowbank Public School, in Ryde, where scores increased 7.9 per cent.

Meadowbank's biggest improvement was in year five reading, which climbed 49 points over five years.

The principal of Meadowbank Public School, Jenni Cope, said the school has used its Gonski funds to support students who require extra assistance and provide extension and enrichment for more capable students.

"This has been done by employing extra teachers and extra provisions such as a speech therapist," she said.

Ms Cope also highlighted the use of multiple platforms to share information with parents, such as the Skoolbag app and Seesaw – an online learning journal – as integral to reinforcing learning at home.

"Good communication with parents and carers is a priority at our school," she said.

Meadowbank Public School has used the NAPLAN data alongside internal assessments to evaluate student progress, resulting in an explicit writing program to strengthen literacy.

The third best year 5 improver was St Kevin's Catholic Primary School, in Dee Why, where results increased 7.8 per cent over the five-year period.

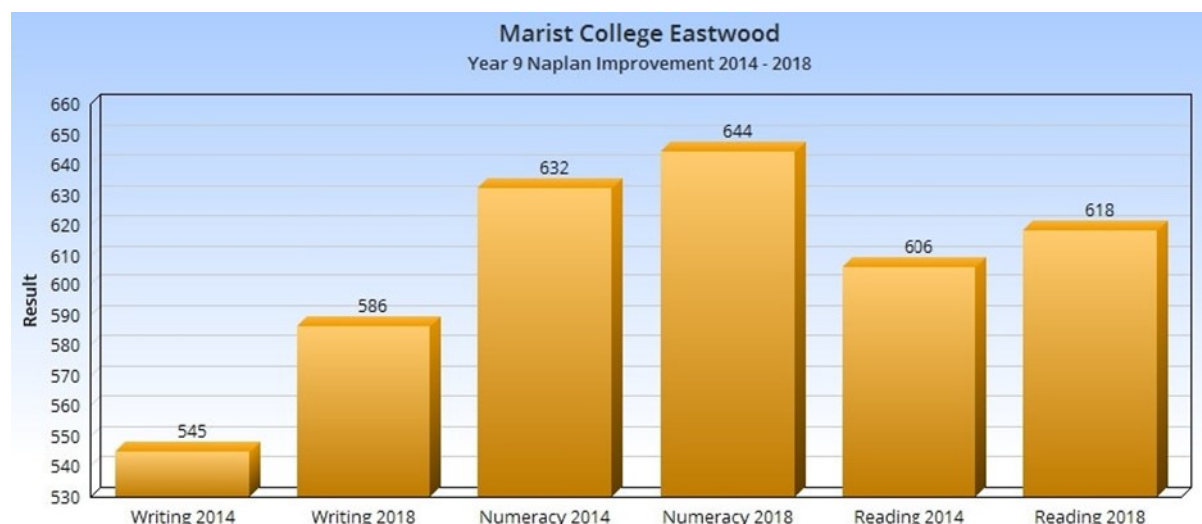
St Kevin's Catholic Primary School had its biggest improvement in reading which jumped 69 points, followed by grammar and spelling.

Rounding out the top five were St Therese's Catholic Primary School, Denistone, with 7.6 per cent and Hornsby North Public School with 6.8 per cent.

Riding high on the list for year nine improvements was Marist College Eastwood, which had the biggest jump in year nine results in Northern Sydney, increasing by 2.9 per cent overall.

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Principal of Marist College, Anthony Boys, partly attributed enhanced NAPLAN results to the introduction of Education Perfect, an online resource management system that allows teachers to "maximise the opportunity for personalised teaching" through the customisation of each student's learning.



Community News

Marist College Eastwood's improvements in writing, numeracy and reading between 2014 and 2018.

"With NAPLAN moving online, Education Perfect has assisted students in moving from paper tests to the online format," Mr Boys said.

Mr Boys also highlighted a shift away from rote-learning teaching methods, as the College has been committed to instructional methods of teaching literacy rather than assessments which deliberately mirror the NAPLAN writing test.

"At Marist College Eastwood, good teachers know that quality teaching and learning is contrary to instruction through practice tests," Mr Boys said. "There is little time for practice tests when focused learning will achieve more, both for student growth and test results."

Positive improvements in writing in year 7 and year 9 have carried over into the senior years too, as Mr Boys said the College's 2018 HSC results "were the best the school has achieved in over a decade".

This has been a result of the College using data provided by NAPLAN to make adjustments and appropriate interventions to learning programs, as well as ongoing professional development for teachers.

"[Supporting] teachers in understanding and using a range of data to inform individual learning plans for students continues to assist students in improving their literacy skills," Mr Boys said.

Marist College Eastwood has shown a strong commitment to co-curricular activities as well, highlighted by 10 per cent of the school population taking part in the Catholic School's Debating Association competition.

The Northern Sydney school with the second biggest year 9 improvement was Northern Beaches Secondary College Balgowlah Boys Campus, in Balgowlah, where results improved 2.6 per cent.

The school's strongest improvement was in grammar which climbed 41 points, followed by numeracy and spelling.

Average results at Hunters Hill High School, in Hunters Hill, increased 2.6 per cent, which was the third highest increase in Northern Sydney.

Special schools, schools with fewer than 20 students enrolled in either year, and schools that did not report any results for NAPLAN subjects in either year were excluded from the analysis.

Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About



Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

Community News

St Pius X College, Chatswood

OPEN DAY Saturday March 14

Chatswood Campus 10 am – 2 pm and Oxford Falls Sporting Fields 8 am – 12 noon

- Meet the Principal, staff and students
- Principal's Welcome – 12 noon at Chatswood

ALL WELCOME



ST PIUS X COLLEGE OPEN DAY

SATURDAY 14 MARCH • 10am – 2pm

Chatswood Campus

35 Anderson Street, Chatswood

9411 4733

Our sporting fields at Oxford Falls
will be open 8am – 12noon

www.spx.nsw.edu.au



A CATHOLIC COLLEGE FOR BOYS IN YEAR 5 – 12 IN THE EDMUND RICE TRADITION



What will you code
and create these
school holidays?

SAVE
\$20

CODE: LOCAL20



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Book now at:

codecamp.com.au

Give us a call on:

1300 263 322

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	Sonye Purches Amy Chan	Selvia Wijaya	Melissa Chung	Aileen Henderson Janella Johnson	Ani Wibisono
10 February 2020	Sonye Purches Amy Chan	Xi Yu	Portia Yu	Sia Macree	Cris Barancik Ani Wibisono
17 February 2020	Amy Chan Ann Bacot	Branika Posa Seda Guleserian	Portia Yu Sheryl Maynard	Nicole Woods Olivia Ma	Ani Wibisono
24 February 2020	Trisha Seeto Cluff Marilyn King	Olivia Ma Anna Karolina Mada	Portia Yu Nedda Welch	Sheryl Maynard	Cris Barancik Ani Wibisono
2 March 2020	Amy Chan	Branika Posa Noelle Wilkin-Smith	Portia Yu Yoyo Yau	Sonye 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 Nedda Welch	Caitlyn Linders	Kate Zhang
23 March 2020	Amy Chan	Anna Karolina Mada	Portia Yu	Kate Stipo	Cris Barancik
30 March 2020	Amy Chan	Jungmi Hyun Jung	Portia Yu Nedda Welch	Caitlyn Linders	Selvia Wijaya
6 April 2020	Amy Chan	Branika Posa Anna Karolina Mada	Portia Yu Olivia Ma	Rosalie Keledjian Olivia Ma	Cris Barancik

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 !

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
March 2020
12:30am – 2pm



Chatswood Youth Centre
Albert Ave &, Victor St,
Chatswood NSW 2067



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@catholiccareddb.org.au
Note: Childcare is not available

catholiccareddb.org.au



The 2020 NRL Footy season gets underway on **Thursday 12th March** and you're invited to join the official O.L.D. Footy Tipping Competition.

We'd love you to join in the fun.

Entry is \$10 and the competition is run online by **iTipFooty.com.au**, where you can see all the stats and monitor where you are sitting on the ladder.

If you'd like to join, please follow the instructions below and get your \$10 to Mrs. Greenwood (2B) as soon as possible.

To join the O.L.D. Footy Tip Competition:

- 1) Go to <https://www.iTipFooty.com.au>
- 2) Click the 'REGISTER' button if you don't already have an account with iTipFooty.com.au
- 3) Once you have successfully registered login and, click the JOIN COMP button.
- 4) Enter Comp # **100872** and Comp Password **thunderbird**.
- 5) Click join comp.....DONE!

If you have any questions, please email Mrs. Greenwood:

jill.greenwood@dbb.catholic.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