

# OUR LADY OF DOLOURS CATHOLIC PRIMARY SCHOOL

**NEWSLETTER** Term 3 Week 8 – 7 September 2020

**ACTING PRINCIPAL – Miss Kirsty Thorpe**

## SEL-TEMBER 2020

As we continue to celebrate SEL-TEMBER, it is important to let you all know why Social and Emotional Learning is so vital for the school and your children.

<https://www.education.vic.gov.au/school/teachers/health/mentalhealth/Pages/socialemotion.aspx#link11>

**Positive outcomes for a student's future:** As students graduate towards higher levels of schooling, training and employment, social and emotional skills become increasingly important. Social and emotional competencies can help students in managing stress, deciding on goals and planning for the future.

**Positive outcomes for student achievement:** According to CASEL, quality teaching of SEL promotes student satisfaction, success and academic engagement, outcomes and achievement.

**Positive outcomes for student mental health:** The Australian Research Alliance for Children and Youth notes that schools who ensure that SEL is part of their teaching and learning can give students the opportunity to build the resilience to deal with change and unpredictability. This is an essential skill for positive mental health.



### COMING EVENTS

#### SEPTEMBER

**Friday 25** Last day for term 3

#### OCTOBER

**Monday 12** Students return for term 4

**Monday 12** School photos (Summer Uniform)

*Keep checking the school website under 'calendar' for possible changes to dates*

[old@dbb.catholic.edu.au](mailto:old@dbb.catholic.edu.au)

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## Relationship Skills

This week our students have been learning about the skills associated with building genuine and lasting relationships. We want our students to develop the vital skills needed to develop relationships that enhance their lives.



**First Holy Communion:** Congratulations to the students at Our Lady of Dolours who are making their Sacrament of First Holy Communion. We had a group of children celebrate this very special occasion last week and there will be groups of children continuing to make this Sacrament in the coming weeks. May we all keep these children in our prayers.





## Amazing opportunities at OLD next week:

**Special surprise next Friday....** Next Friday the whole school is having a special surprise treat. The clue is, there will be an extra 30-40 legs in the school next Friday - what could be happening???? Watch this space!

**Gymnastics lessons:** Every student has been provided the opportunity to participate in a Gymnastic lesson run by Sports in Schools Australia. These lessons have been secured through a Government grant that the school was awarded. This week Kindergarten and Year 1 had their lesson.



**Free Dance lesson:** Next week every class will also participate in a free dance lesson offered to schools from Footsteps. Children are to wear their sports uniform on the following day for this lesson (plus their normal sport days)

Tuesday 15th: KG, 1G, 3B, 3G, 4B, 4G

Wednesday 16th: KB, 1B, 2B, 2G, Stage 3

***NB: All companies used for our special Week 9 opportunities have submitted their COVID safe plan to the school and comply with our own regulations.***



**Student achievement:** Congratulations to Destiny (Year 4) who has won the most valuable player for her netball team this year. Destiny also plays basketball and touch football with the age group above her own and is excelling in all sports. Well done Destiny!

Don't forget to send us news of your child's achievements!

### Our Lady of Dolours Feast Day

Next week we will be celebrating our Our Lady of Dolours Feast Day. **'Our Lady'** is Jesus Mother, and **'Dolours'** means sorrow. Indeed, to celebrate the 'sorrows' of Mary may feel paradoxical, however, when we reflect on the sad and lonely times Mary suffered, we celebrate Mary's grace and strength. Mary reminds us that it is okay to feel down, because God will always support us.



Fr Jim has shared a wonderful [video](#) sharing his reflection on The Feast Day for Our Lady of Dolours. I really encourage you to listen to his reflective and insightful words. Fr Jim concluded with this powerful message *"As Christians are called to bring the joy, the hope and light of Christ that we all have within us."*

### SOCIAL JUSTICE 'SOCKTOBER'



Dear Parents,

This year, our school is participating in Socktober, a fun and educational program for our students to learn about key issues of mission and social justice and make a difference for young people in need around the world. Watch this video here for an [overview](#) on how Socktober works!

As part of this program, Our Lady of Dolours will be engaging with the Socktober Challenge, a Mission-based learning program with activities and resources designed to be delivered in the classroom and also enjoyed at home. Depending on the COVID-19 situation, we will also host a Socktober Soccer Event Day at our school on **Friday the 23rd of October**. Students will interact with stories of mission from this year's focus country, Cambodia, and shoot goals with handmade 'sockballs'!

If you are in the position to be involved, I invite you to take a moment to register your child/ren for Socktober so they have the opportunity to join their friends and make a difference for children in need around the world. Setting up your child's page takes only a few minutes. Please register your child/ren at our school's Socktober page here: <https://www.socktober.org.au/fundraising/schools/our-lady-of-dolours>.

Then, simply share the page and encourage family and friends to get behind your child/ren's Socktober journey if they are in the position to do so.

We are acutely aware of the challenging times we are facing. Your participation in Socktober is completely voluntary - there is no obligation, just invitation!

Whatever your child raises towards this goal will support the basic needs of vulnerable children around the world, such as food, clean water, healthcare, and education.

You might feel inspired by one of the fundraising targets below:

*\$30 can help purchase food, school uniforms and books for kindergarten children in Cambodia.*

*\$75 can help towards purchasing sports equipment for children with disabilities in Cambodia.*

*\$393 can go towards the costs of medical support and physiotherapy for children with disabilities in Cambodia.*

In Term 4, we'll have a chance to come together at our school's Socktober Event Day, where the children will be invited to donate a gold coin and participate in a student vs teacher penalty shoot-out using the sockball while wearing colourful, fun or silly socks!

**WANTED! SOCKBALL MATERIALS:**

We invite you to please bring in some old (washed) clothes, rags, materials and recycled plastic to your child's class. This will allow the children to make a 'sockball' in class.

Check out this [video](#) for how it works!

**What Materials Do You Need?**



Recycled Plastic Bags



Old socks (or other fabric)



String or Twine

Thank you for your support and for helping your child '*sock it to poverty!*'

Yours sincerely,  
Camilla Brown

**First Holy Communion:**

Congratulations to Benjamin Crichton, Charlie Fairbanks, Ryan Kuo, Chloe Kuo, Lucas Ma, Darcy Manning O'Donnell, Massimo Musumeci, Jaxon Stanley, Maxwell Sunjaya and Jack Treder who celebrated their first Holy Communion on Sunday. This is an extremely special moment in your spiritual life journey and we are very proud of you!

We send blessings to Pippa Element, Adelina Seeto, Carolyn Simpkins who will be celebrating their First Holy Communion this coming Sunday. We also keep Jonathan Tan, Alfred Avila, Benjamin Daza, Nicholas Keung, Abigail Maynard, Maddison Sia-Laza, Iris Gregory, Samuel Nicholls and Logan Schweinsberg in our prayers who will be making their First Holy Communion in the coming weeks.

**Reminder - Birthday ice-blocks and invitations:** Please remember that our school policy is to only hand out ice-blocks for birthdays (not lolly bags etc). This is so we can ensure all our students with food allergies are staying safe.

If your child is having a birthday party please hand out the invitations privately, outside of school. In the spirit of Mercy and including others, the teachers will only hand these out if the whole class is invited to ensure feelings aren't hurt, especially for our infant students.

# AWARD WINNERS

## Week 8



# Upsize Your child's school holidays with Holiday Club!

Holiday Club is all about children. It's their break time and we're here to provide them with an extraordinary experience. We've got a jam-packed schedule filled with exciting activities that will have them socialising from morning until the evening.

One of our showcase experiences is *The Giant Games Tournament*. Classic favourites, but the MEGA-sized versions! We'll teach your child strategy with chess, topple over laughing with dominoes and immerse ourselves in Snakes and Ladders – don't miss out!

Plus, we've enhanced our hygiene and safety measures, so you can relax knowing your child can get competitive in a safe environment! The health and safety of your child is of utmost importance to us.



Images shown are digital representations only.

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## **Child Care Subsidy**

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To find locations near you and to book, visit **[www.campaustralia.com.au/holidayclubs](http://www.campaustralia.com.au/holidayclubs)**

**HOLIDAY CLUB**



## Get creative in the kitchen with a recipe straight out of the Camp Australia OSHC cookbook!

At Camp Australia's Outside School Hours Care (OSHC), our programs are all tailored to the children in our service and one of the activities that children love is cooking.

At Camp Australia, we make sure that the children who attend our programs eat healthy and delicious snacks that are in line with the Australian Dietary Guidelines. We've developed our own recipe book filled with fun and healthy recipes that children can make in OSHC.

We are happy to share that at Our Lady of Dolours OSHC, we do cooking activities every week. Children love participating in those as they get to learn what goes into each recipe and the process of making delicious and healthy food.

Continue the love of cooking and healthy eating at home by making one of our delicious recipes:

### Singapore Style Noodles: *Quick and easy!*

#### Ingredients:

6 x cakes of rice vermicelli noodles  
2 x cups diced vegetables  
1 x tin of corn  
1 x tin of beans (kidney beans or chickpeas)  
75g honey  
½ teaspoon ground coriander  
½ teaspoon ground cumin  
½ teaspoon ground cinnamon  
1 tin of tomatoes (optional)

#### Method:



1. Cook vermicelli noodles following the directions on the packet.
2. Cook diced vegetables, beans and corn in a small amount of vegetable oil until soft.
3. Drain water from noodles and add to the vegetables.
4. Add spices and honey, mix it up and eat! Yum!

**It's FREE to Register.** (and if you want to use OSHC, you first need to register).

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

**Visit our blog for helpful information and fun activities.**

New articles are added each week for parents and cover various topics to help families.

Visit the blog here: <https://campaustalia.com.au/blog>