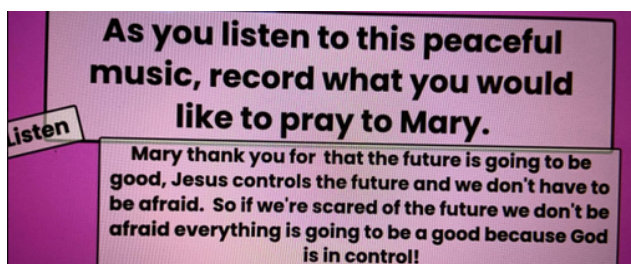


Our Lady of Dolours News

From the Principal

Feast of the Assumption

On Sunday the 15th of August, we as a Catholic community celebrate the Assumption of the Blessed Virgin Mary. Fr David shared a beautiful reflection for the children to help learn and understand the Solemnity of the Assumption. In this reflection, Fr David read a story about a little owl called 'Plop' who was afraid of the night. Slowly, the little owl discovered to trust the dark and know that the night is truly kind, fun, necessary, wonderful and beautiful. Fr David explained to the children, "because of what happens in the life of Mary through the power of God, we ourselves learn to trust that our future will be kind, fun, necessary, wonderful and beautiful! As the owl learned to trust the night, he discovered who he really was - a night bird. Through Mary we learn to trust the future and discover who we truly are - children of God, made for eternal life. This makes our future - super!" Remarkably, here is a beautiful reflection from one of our Year 1 Students after listening to Fr David's message. As always, our students and children continue to show us how to receive the essence of the message. Through the eyes of Miguel in 1B, we can all take away a message of hope and trust in our future ahead.



Please click [here](#) to listen to Fr David's reflection.

Home Based Learning Progress

Thank you for your support and dedication to your children as we continue to navigate the COVID-19 pandemic. With no clear date for students to return, it is important to recognise that the current circumstances are challenging and have placed significant strain on families and staff. We are in this together and need to be mindful of our own wellbeing and the wellbeing of those closest to us.

Students Wellbeing

In supporting student wellbeing Gina Paleologo, our School Counsellor has provided the following links to support families. If you are concerned about your child's wellbeing please feel free to reach out to the school and we will see what supports are available.

Parent and carers toolkit

[Helping children cope during COVID-19 pandemic - Emerging Minds](#)
[What can I do to stay mentally healthy?](#)

Parent Engagement

Our Parent Group Meeting for Term 3 was held last night, Thursday 19 August. Due to the current restrictions this meeting was held via Zoom. We thank all those parents that were able to virtually attend.

A Message from Director of Schools - Danny Casey

In case you missed the message to OLD from our Director of Schools, Mr Danny Casey, it can be viewed [here](#). We thank Danny for all his support of Catholic Schools in Broken Bay especially of O.L.D.

COVID Fee relief

For those families requiring fee relief please refer to the [CSBB website](#) for information about fee relief for 2021 - we want our school community to be as strong as ever, and would never want to lose one of our precious families due to financial difficulties.



Upcoming events

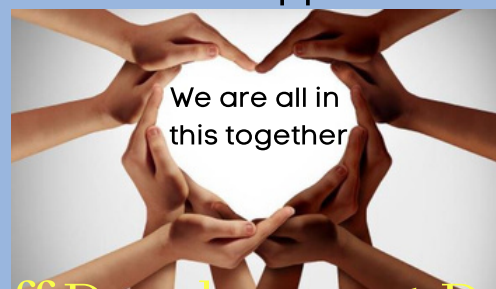
August

Book Week 21-27 August



Well being week 21-27 August

HLB - Please remember do what you can and reach out if you need support.



Staff Development Days

Fri 17 September

Thurs 16 December

Friday 17 December

School calendar click [here](#)



Home Based Learning Highlights



Zach made his own handmade scale trying to measure the weight of random stuff at home (eg. Kobe Bryant book, basketball cards, TV remote control and glue stick) to make it as the same weight of 1 kg rice pack. This is what he's learning now at Year 3 Maths about Measuring Mass.



Congratulations Michael

Michael recently participated in the BlueScope WIN Wollongong Eisteddfod and was awarded Second Place in the Guitar Solo 12 years and under section. He also received an A+ in his Grade 4 AMEB Guitar Repertoire exam. If you would like to see Michael play click on the link [here](#)

A word from Families

HBL gives parents more insight into the talent, commitment and love of the staff at OLD.

Mrs. Onishe displayed this while explaining a writing task. 1G had to write 3 sentences describing why someone they loved was special. Mrs. Onishe demonstrated how to do this, by reading sentences about what made each child in 1G special. I know my son was delighted by it.



Go in Year 3 made oat cookies from scratch all by himself in between his HBL lessons. It was good practice for him to measure ingredients accurately!!

Positive stories from HBL

Do you have a positive moment from HBL you would like to share with the school community? If so please email Jane - old@dbb.catholic.edu.au - with an image, short video or quote to be included in the next newsletter publication.

Remember this time will pass and we can all only do our best to get through. We must actively look after ourselves to enable us to look after others so take care and be kind to yourself.

ATTENDANCE

The NSW Government and CSNSW have reminded us that parents must keep children of all ages across Primary and Secondary schooling, home if they can. Our school will ensure that our students are supported to learn from home during this time and have adopted HBL as our primary form of teaching. If your child needs to attend our school we are open and will provide the supervision needed.

Home Based Learning Highlights from Yr 4

Year 4 have been busy during HBL as they created Dioramas based on their shared text, Producers, Consumers and Decomposers.



The theme for this year's Book Week is:

'Old Worlds, New Worlds, Other Worlds'



As part of celebrating the characters from these different worlds, the students will be responding to texts that relate to this theme and we encourage the students to dress up as a character, draw or design a character or share their thoughts about a character from an old world, new world or other world. They will have the opportunity to share their creativity during the Friday English class zoom (9am for K-2 and 9:45am 3-6). Students are also encouraged to wear their costume or have their design character on display during the Friday assembly.

We look forward to celebrating the theme of 'Old Worlds, New Worlds and Other Worlds'.



Wellbeing Week

What is wellbeing? The World Health Organization (WHO) defines mental health as: "the state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community."

More than ever it is important that we look after our wellbeing and the learning prepared for the students for next week will allow them to have time to focus on their mental health and wellbeing. Take the opportunity to engage in activities that help you feel good and connected to others.



A message from your Coordinator

Hope you are all keeping well during this lockdown period. Please remember, if your child is still attending the school and needs our care, we are open and provide before and after school care. We are doing our best to keep the programs as normal as possible.

Here are some highlights to get a sense of what we have been doing. We had an amazing time with Olympics themed activities last week – Obstacle Race, Pool Hockey, Soccer and The Bean Bag Throw. Children loved the cooking activities – Bread Pine Apple Pizza and Cake in a Cup.

It is Science Week Celebrations this week - 'The Food Science' – full of experiments with food.

Also, lookout for Rocketeers III program highlights on our Camp Australia website and save a spot for your child.

Activities coming up

- Mon – Potion Making
- Tue – Make Plastic from Milk
- Wed – Fizzy Sherbet
- Thurs - Bread Germs Hand Wash Experiment
- Fri – Fizzing Lemonade

What's on the menu

- Fresh Fruits & Vegetables
- Bread and the spreads
- Rice Paper Rolls

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.



Visit our blog

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

[Visit our blog](#)

Teacher Check In's

Classroom teachers have been contacting you to check in to see how you and your family are going. Please note that calls coming into your phone from your teacher will be from 'no caller ID'.

CHECKING IN
IS NOT JUST *Places*

Communications

As you will be aware by now all updates for parents are being distributed through COMPASS, so please ensure you have your notification settings updated and you are logging in regularly. When changes are received or any updates provided, parents will be informed via Compass. The main thing we can do as a community is follow the advice from our medical experts. If you have concerns please consult your GP, visit the NSW Health website:
<https://www.health.nsw.gov.au/Pages/default.aspx>
or ring the NSW Health hotline 1800 022 222.

Wellbeing

Are you finding that you or your loved ones are suffering from lockdown fatigue?

Here are some inspirational ideas of ways you can take a break -just remember to keep your break COVID safe.

Lego Challenge

Build an animal.

Build something with one hand.

Build something in one minute.

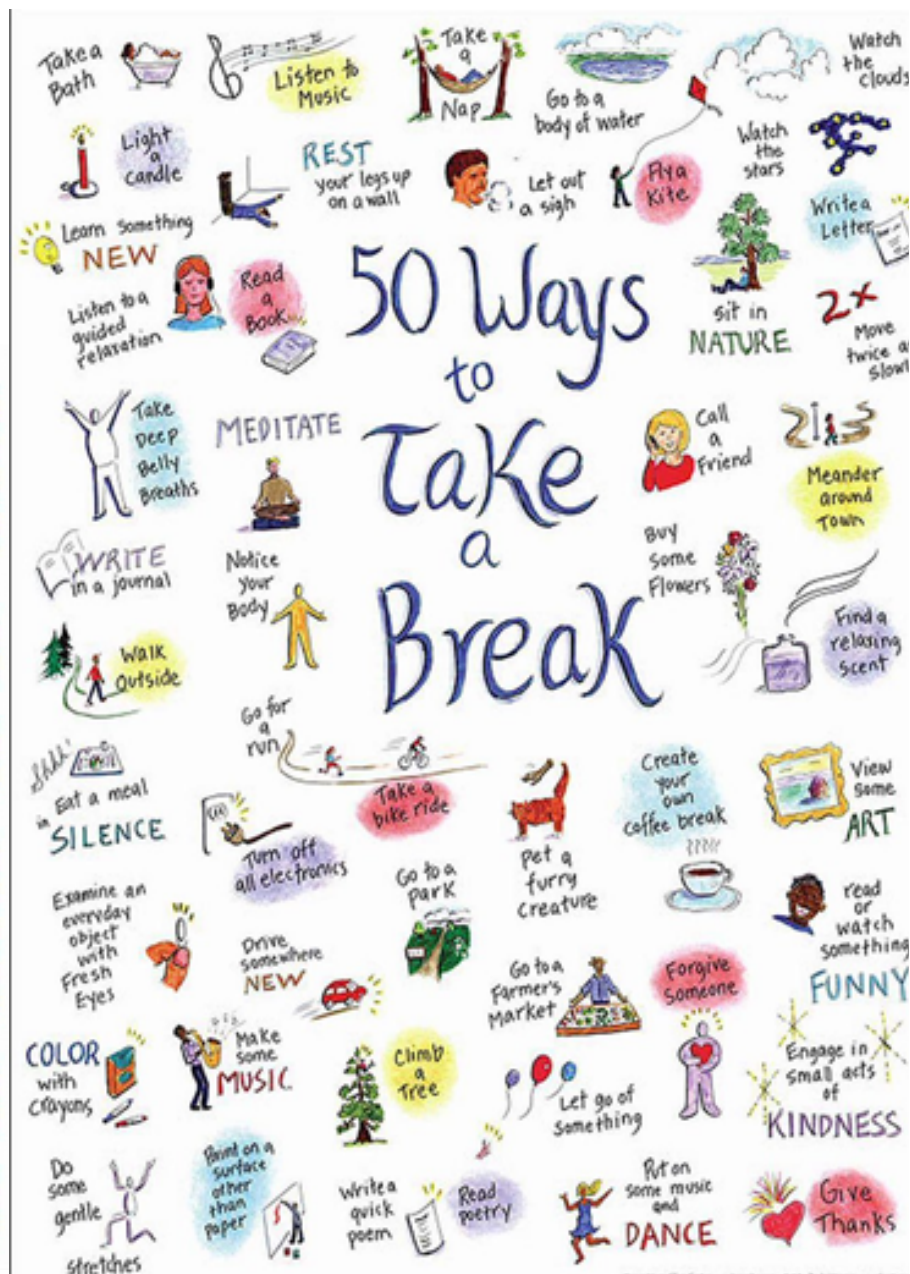
Build something using only red LEGO.

Build a spaceship.

Build LEGO pattern using different colors.

Build something that starts with the letter 'T'.

Build a pattern with different sized LEGO.



From the Parish

OUR LADY OF DOLOURS
Chatswood Catholic Parish



Please find here the links to [Fr David's Sunday Homily](#), [The Parish Bulletin](#) and the [Sunday Extra](#).

I encourage you to take a moment to read Fr David's message of hope and encouragement during lockdown. The Parish also has several online gatherings you are able to select to participate in during this time of lockdown, please click [here](#) to find out more.



Do you run a local small business?

We know this is a tough time for all at the moment and it is a particularly hard time to be running a small business. We would like to help the members of our school community by offering the option of free advertising in a Community Connect e-newsletter we will be putting together. If you would like to take advantage of this please email your advertisement to old@dbb.catholic.edu.au - attention Jane

CatholicCare
Diocese of Broken Bay

EMERGENCY RELIEF SUPPORTS

Times are tough. You might have lost work due to the lockdown, or you might be finding it hard to put food on the table, or pay the bills. CatholicCare can help with Coles or Woolworths vouchers. Call 1800 324 924 or email info@catholiccaredbb.org.au for more information. CatholicCare are here to help school families.



HAVE YOU HEARD ABOUT THE FAMILY CONNECT & SUPPORT SERVICE?



FAMILY CONNECT & SUPPORT

Family Connect & Support is a free service which helps children, young people and families with parenting challenges, family breakdown, mental health, financial stress, substance use, domestic and family violence supports and more. This is a joint initiative of Barnardos and CatholicCare. Call 1800 066 757 or visit <https://www.barnardos.org.au/our-centres/family-connect-and-support/> for more information.



Book Club Update

HOME DELIVERY NOW AVAILABLE FOR ANY NEW ORDERS.

In response to the extended lockdown Scholastic have added the temporary option for you to be provided with either school or home delivery for any new book club orders you place. This home delivery option will be available online to parents. Please note the home delivery option will be at a cost of \$7.50.

For any questions, please reach out to Mrs McKittrick via the school office at old@dbb.catholic.edu.au

Click [here](#) for catalogue

