

Our Lady of Dolours News

From the Principal

It is with great excitement and anticipation that we are preparing for all our students to rejoin us for face to face learning over the coming weeks. Our Kindergarten and Year 1 Teachers can't wait to see their students again next Monday 18 October with our Year 2 - Year 6 students following closely behind on October 25.

This will be a time of change and readjustment for students, families and teachers alike as we move back from online, home based learning to being face to face. We know that some students will find this transition challenging so we want to assure all our families that we are here to support them through this time. Not only have students been away from their Teachers and friends they have also had to try to understand what living in a pandemic means and the new ways of life that have unfolded due to this. Further on in the newsletter you will find resources to help at home to prepare for the return to school and we encourage you to reach out to the school if you have any issues you need to discuss or additional support you think your child may need.

Being able to adapt has been key over the past few months and our current Kindergarten Teachers have done a wonderful job as they have presented phase one of the transition to school program for our 2022 Kindergarten students virtually. Our OLD TV Studio has been a hive of activity as activities and stories have been broadcast to our newest school community members.

Marco Ianni
Principal

Semester 2 Reporting

Due to the disruption caused by COVID-19, adjustments to curriculum have been made throughout Terms 3 and 4. Focus for this semester has been on student wellbeing and learning, and priority has been given to Religious Education, English and Mathematics.

As a result of this extended period of Home-Based Learning, student reporting in Semester 2, 2021 will look a little different to the one you received earlier this year.

The Semester 2 report will provide information about your child's learning during this time of extended Home-Based Learning.

We would like to extend our thanks to you, the parents and carers, for your ongoing support and commitment to your child's learning through these unique times.

Kelly Clouston
Assistant Principal

The OLD Recipe Book is now published and ready for your perusal!

A big thank you to those families and staff who contributed recipes - we have over 50 recipes, representing delicious cuisine from across the world.

A big thank you also to Mrs. Pidcock who proof-read all the recipes and picked up all my typos.

I have already made a couple of the recipes in the Greenwood Test Kitchen, and I can highly recommend Miss Brown's Souper Easy and Souper Cheap Lentil Soup, Mrs. Fitzgerald's Greek Chicken, and the Chicken Noodle Soup for the Struggle (one of many recipes sent in - thanks Mrs. Daza - courtesy of the Willoughby SouperStars - check out the great work they do [here](#)). Next week we are working our way through the pasta recipes!

I hope that browsing through the book, and creating some of the meals within, allow you to connect, share, and feel part of our greater school community. I hope you enjoy this book as much as I enjoyed creating it. Click [here](#) for your digital copy.

Kind regards,
Jill Greenwood



Upcoming events October

Mon 18 - Yr 1 and Kindergarten
return to face to face learning
Mon 25 - Yr 2 - Yr 6 return to face
to face learning
Fri 29 - International Teachers
Day

November

Thurs 11 - Remembrance Day
Wed 17 - Kindergarten 2022
Orientation Morning

December

Fri 3 - Year 6 Graduation Liturgy
Wed 15 Dec - last day term 4

Staff Development Days

Thurs 16 December
Friday 17 December

School calendar click [here](#)



NAPLAN

Our NAPLAN results for 2021 show that our Year 3 and Year 5 students have achieved excellent results in Literacy and Numeracy.

The tables below provide a snapshot of student achievement as compared to state, and the percentage of students who achieved in the top 2 bands is outstanding.

It is important to note that we are also well above statistically similar schools in all learning areas, in both Years 3 and 5. This highlights the exemplary education provided at OLD for students from Kindergarten to Year 6.

We are incredibly proud of all our students and their learning growth and achievement and congratulate Year 3 and Year 5 students on their excellent NAPLAN results!

Kelly Clouston
Assistant Principal



YEAR 3	Percentage of students in top 2 bands		Percentage of students in bottom 2 bands	
	School	State	School	State
Reading	87.7%	57.7%	0%	10.5%
Writing	96.3%	61.8%	0%	6.2%
Spelling	94.4%	55.7%	0%	11.1%
Grammar & Punctuation	92.6%	59.4%	0%	10.8%
Numeracy	66.7%	41.6%	1.9%	12.5%

YEAR 5	Percentage of students in top 2 bands		Percentage of students in bottom 2 bands	
	School	State	School	State
Reading	77.7%	43.2%	0%	11.3%
Writing	63.4%	25.8%	0%	14.8%
Spelling	70.7%	45.6%	2.4%	12.9%
Grammar & Punctuation	70.7%	38.6%	0%	14.6%
Numeracy	68.3%	34.2%	0%	13.3%

*Congratulations
Year 3 & Year 5
Students*

Socktober - Catholic Mission Month

KICK GOALS FOR KIDS IN NEED THIS WORLD MISSION MONTH

Socktober for Mission Month encourages students across Australia to make a difference for their brothers and sisters overseas through our shared understanding of the values inherent in the world game of



This October is Catholic Mission Month. Pope Francis calls us to 'Rise up from the couch – with your boots laced - and turn your hands into signs of love...'

This Mission Month & Socktober, Our Lady of Dolours is committed to:

- love one another like Jesus taught us
- respond to our call to discipleship
- Work together to pray help vulnerable children and women in Thailand through words, actions and prayer

This week we asked our Year 3 students what they think MISSION means and why mission matters. Here are some of their responses...

"I think mission is a time where people help and love one another" - Grace

"I think mission means to show compassion and care for others in need. I think it is important to love others like Jesus guided us too" - Nate

"I think Mission is like a big word for kindness" - Jiwoo

"I think mission is an agency working on behalf of the Pope. I think Mission matters because we can show compassion, care and love to people that are struggling" - Ethan T

Throughout Socktober, all fundraising will go towards supporting the basic needs of vulnerable children in Thailand. You can register your child/ren for Socktober here.

- \$35 can help towards the cost of school supplies for a child for one year
- \$102 can help towards the meals for one child at the kindergarten for a year
- \$300 can help purchase milk for all the children at kindergarten for two weeks
- \$1500 could purchase one school uniform each for all girls at the kindergarten

World
Mission
Month



October 2021

Our Year 3 Students remind us WHY Socktober matters...

"Socktober is when we make soccer balls made from old clothes Socks and bags. We do this to raise money for less fortunate people in Cambodia and Thailand. This Could help children's lives. Who knew a tiny soccer ball could make a big difference" - Go

"Socktober is important to me because I can help others have an education. Socktober is important to our school because we want to help them so that all the kids around the world that are less fortunate than us can receive an education" Bella

"Socktober is important to our school because we are Catholics and we should help others that are less fortunate than us" - Austin

Thank you for helping us this Socktober. Your participation in Socktober is completely voluntary - there is no obligation, just invitation!

Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or ‘I can really understand why you would feel like that’



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.





Returning to OLD Supporting our Students

Returning to school is a big change for our students. Some children will need support, explanation and guidance managing this unusual transition. Please find here some links to resources you may like to use at home to prepare your child for their return to school after lockdown. If you need further support, please reach out to your class teacher or Mr. Ianni.

[Helpful tips
for students
returning to
school](#)

Social Stories
[Back to OLD](#)
[Returning to school](#)
[Wearing a mask](#)
[Seeing my friends
again](#)

[A guide to
managing
uncertainty.](#)

Welcome Back To School!



YummyBearsKiosk
EXPERTS IN SCHOOL CANTEENS & HEALTHY EATING

Yummy Bears Kiosk will be offering individual lunch packs from Monday 25 October. Please place your order online via Flexischools before 9am cut off time.

MENU 1 \$7.50



- Pasta Bolognaise OR
- Pasta Napoetano (vegetarian) OR
- Pasta with Pesto (nut free) OR
- Cheesy Lasagne (vegetarian) OR
- Fried Rice (vegetarian) OR
- GF Pasta Bolognaise or Napoletano

PLUS - 1 frozen juice cup & 1 snack



MENU 2 \$8.00

- Chicken burger with fresh chicken breast, lettuce and mayonaise OR
- Beef burger with beef patty, tomato, lettuce and sauce OR
- Vegie burger, potato patty, tomato, lettuce and mayonaise OR
- Ham, cheese and tomato toasted sandwich

PLUS - 1 frozen juice cup & 1 snack

DRINKS: water \$2.50; Fruit juice popper \$2.50; Glee \$2.70.

Simplify your school life.

We have partnered with Flexischools, to make school lunches even easier.



- 1 Order online at anytime
- 2 Enjoy cashless convenience
- 3 Pay with Visa, Mastercard, PayPal or direct deposit

Set up your account

- 1 **Download the Flexischools App**
Note: for iPhone and iPad please select 'Allow' notifications.
- 2 **Login/Register**
 - **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
 - **New Flexischools user** – Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.
- 3 **Top Up Your Account**
To make ordering fast and simple, you can set up automatic top ups in your 'User Profile'.

Order

- 1 **Place your Order**
On the app home screen, scroll down to view your school services such as canteen and uniforms. Then **swipe left and right** to view all available services.
- 2 **Make your Selection**
Find the service and press 'Order', then select the items you wish to order.
- 3 **Make Payment**
Select your payment option and complete payment to place your order.



10 years supporting the school community



Committed to healthy eating



Over 1,500 happy schools

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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 messages 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.

Supporting the Parish Our Lady of Dolours now has the capacity to contribute to our parish planned giving program online. The link is Online Giving - Catholic Diocese of Broken Bay (bbcatholic.org.au) Through this link you can give to the First Collection, the Second Collection and the Pastoral Works Fund. Of course, we desperately do need your financial support. Our parish continues on so many different levels, but without congregations joining us every weekend, our income is severely depleted. So if you can assist us in the same way as if you did before the lockdown that would be so greatly appreciated. And now the easiest way to do this is to go online and use the link. With our deep gratitude -

From Fr David.



LOWER NORTH SHORE
CHILD & FAMILY
INTERAGENCY

ONLINE FORUM 2021

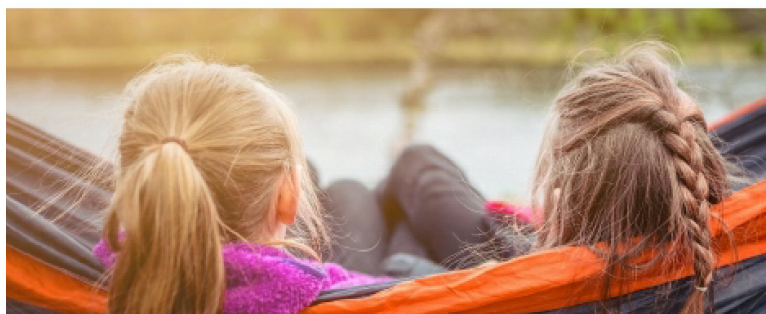
KAREN YOUNG
Author of the best selling book,
"HEY WARRIOR"

Tuesday 9th November

❖ Working with Anxiety in Children and Adolescents

Thursday 18th November

❖ The Effect of Trauma on the Developing Brain and How to Support Children Towards Healing



Details

Date:

Tuesday
9th November,
9:00am-12:30pm

Thursday 18th
November,
1:00-4:30pm

Venue: ONLINE,
Zoom

Cost: \$10(ONE
SESSION)
\$15 FOR (BOTH
SESSIONS)

Register:

<https://www.trybooki.ng.com/BUNED>

RSVP:

Bookings close on
Monday 8th Nov, 3pm
sharp

For: Community,
Schools and other
service providers

Further Info

Please contact Maria
Comino
mariac@rnsnw.org.au



Integricare
Exceptional learning and care



Health
Northern Sydney
Local Health District

**Mosman
COUNCIL**

Relationships Australia
NEW SOUTH WALES

CatholicCare
Diocese of Broken Bay



Communities
& Justice

SAVE THE

DATE

Year 6 Graduation and Liturgy

Friday December 3

Details to come.

14 - 16 October

ZERO & REWARDS CARD HOLDERS



20% OFF*
SCHOOLWEAR
& EVERYTHING ELSE!

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ONLINE & START ENJOYING THE BENEFITS**

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NON-CONTACT**

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GET INTO WOOLWORTHS CRICKET BLAST. IT'S A FUN AND ACTIVE PROGRAM FOR KIDS OF ALL ABILITIES – WHETHER IT'S YOUR FIRST TIME WITH A BAT OR YOU'RE A BACKYARD CRICKET STAR!

Play Cricket with Gordon Junior Cricket Club!
Contact: gordonjuniors@hotmail.com
Cricket for girls and boys of all ages and skill level
Come and try cricket this summer!
Search for: 'Gordon Junior Cricket Club' on playcricket.com.au

*BASED ON PROGRAM RRP OF \$99. MORE INFO AT SERVICE.NSW.GOV.AU/ACTIVEKIDS



JOIN A CREW NEAR YOU TODAY

PLAY CRICKET

OFFICIAL KIDS PROGRAM





CatholicCare
Diocese of Broken Bay

PARENTING PROGRAMS

Please note you do not need to be Catholic to access our programs. CatholicCare welcomes staff and clients from all different backgrounds and beliefs.
www.catholiccaredbb.org.au

FREE

TUNING INTO TEENS

Prioritising those living in the Ku-ring-gai local Government area (but open to wider North Sydney depending on numbers)

A parenting group based on emotion coaching with additional information and support around risk taking behaviours. Delivered in partnership with The Northern Centre and Drug & Alcohol Youth Support Service.

Register here:

<https://form.jotform.com/212510637554856>

E: intakefs@catholiccaredbb.org.au

Wednesdays

20, 27 Oct & 3, 10,
17 & 24 Nov 2021

10.00am - 12.00pm



via Zoom



the northern centre
care, connect, grow our community

\$20

TUNING INTO KIDS

For those living in the Northern Sydney region

For parents of primary school children on how to develop your child's emotional intelligence.

Register here:

<https://form.jotform.com/212438637206859>

E: intakefs@catholiccaredbb.org.au

Wednesdays

27 Oct & 3, 10,
17 & 24 Nov 2021

10.00am - 12.00pm



via Zoom

\$150

KEEPING KIDS IN MIND

Assisting parents to see through their children's eyes the experience of parental separation. Learn to support your children through grief and loss after separation, build resilience and move forward. Facilitated by qualified and experienced counsellors, social workers, mediators and educators.

Register via:

P: 1800 324 924 | E: info@catholiccaredbb.org.au

Tuesdays

19, 26 Oct & 2, 9,
& 16 Nov 2021

6.00pm - 8.30pm



via Zoom

\$100

CIRCLE OF SECURITY

For parents of children 0-5 years. Learn how to understand your child's needs and behaviour, help your child manage their emotions, develop skills to build a positive relationship with your child and learn ways to develop their confidence and self esteem.

Register via:

P: 1800 324 924 | E: info@catholiccaredbb.org.au

Tuesdays

26 Oct & 2, 9,
16, 23 & 30 Nov 2021

6.00pm - 8.00pm



via Zoom