Dear Parents and Friends of St John’s,

Our children will be helping us to focus on the events of Holy Week coming up next week. The dates, grades and times are listed in the Diary section of the newsletter today and you are most welcome to attend each of the liturgies. This is an important time for each of us as we prepare for the great celebration of Easter. Additionally, a reminder that many of our children will be assisting with ‘Stations of the Cross’ in the Church tomorrow evening beginning at 7pm.

Project Compassion is run each year by the Catholic organisation Caritas and the children have done a fantastic job in raising money to help Doney in Malawi and her village to become much more self-sufficient. Our Mission Team (Year 6) have been a driving force in helping our school to make a significant contribution to this wonderful cause. This is a timely reminder to fill up your own Project Compassion boxes at home to add your assistance to Doney. These can be returned to the Church.

Last week we published the Concept Drawings for new school learning spaces, a hall refurbishment and a new hard surface (green coloured) play space for weekdays and Church car parking weekends. The plans can be viewed by clicking on the following link https://www.sjandbb.catholic.edu.au/our-school/159/p/

There is a facility to comment and our Communications Group – Joanna Dennington, Lisa Rourke and Natalie Bradshaw are collecting information from the website to feed into those preparing drawings and ideas for our school and Church. All feedback must be received no later than FRIDAY 8th APRIL.

All plans have been communicated to those enrolling in our school and excitement is starting to build about our new learning spaces. Ms Ingram and I visited St Mary’s, North Sydney yesterday to talk to the Principal and look at their classroom designs.

Finally, today is St Patrick’s Day and we remember in a special way our first teachers, the Brigidine Sisters, brought their love of God, of learning and of Catholic community to Narraweena from Ireland back in 1961. A very happy St Patrick’s Day to you all.

Yours sincerely,

Mark Bateman–Principal
## DIARY

<table>
<thead>
<tr>
<th>Week 9 Term 1 Mon 21 Mar</th>
<th>Week 9 Term 1 Tues 22 Mar</th>
<th>Week 9 Term 1 Wed 23 Mar</th>
<th>Week 9 Term 1 Thurs 24 Mar</th>
<th>Week 9 Term 1 Fri 25 Mar</th>
<th>Week 9 Term 1 Sat/Sun 26/27</th>
</tr>
</thead>
</table>
| Holy Week Liturgy 8:45am in Hall  
(Kindy hosting) | Relax Kids Session 1pm (OOSH) | Holy Week Liturgy 2:30pm – St John’s Church  
(Yr 3&4 hosting) | Holy Week Liturgy 2:30pm – St John’s Church  
(Yr 2 hosting) | HOLY THURSDAY  
Holy Week Liturgy 2:00pm – St John’s Church  
(Yr 5&6 hosting) | GOOD FRIDAY |
| Relax Kids Session 1pm (OOSH) | Holy Week Liturgy 2:30pm – St John’s Church  
(Yr 3&4 hosting) | Confirmation Info evening 7pm | NO Assembly | EASTER |

<table>
<thead>
<tr>
<th>Week 10 Term 1 Mon 28 Mar</th>
<th>Week 10 Term 1 Tues 29 Mar</th>
<th>Week 10 Term 1 Wed 30 Mar</th>
<th>Week 10 Term 1 Thurs 31 Mar</th>
<th>Week 10 Term 1 Fri 1 Apr</th>
<th>Week 10 Term 1 Sat/Sun 2/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>EASTER MONDAY</td>
<td>Relax Kids Session 1pm (OOSH)</td>
<td>1G &amp; 6O attending Mass 9:15am</td>
<td>Mater Maria Anti-Bullying Play 12:15pm (Hall)</td>
<td>EASTER</td>
<td></td>
</tr>
</tbody>
</table>
| Holy Week Liturgy 2:30pm – St John’s Church  
(Yr 1 hosting) | | | | |

### STAFF DEVELOPMENT DAYS (SDD) / PUPIL FREE DAYS

The Staff Development Day (SDD) / Pupil Free Days for Terms 2 & 3 are as follows:

- **TUES 14th June (W8 T2)**
- **MON 18th July (W1 T3)**

All St John’s staff will be attending these days – **school will be closed**.

### SPIRITUAL NEWS

#### FAMILY PARISH STATIONS OF THE CROSS

Our family Parish Stations of the Cross is on tomorrow **Friday 18th MARCH @ 7.30pm**. All families are welcome to attend. It has proven to be a very moving and worthwhile celebration.

#### LAPS FOR DONEY

People in Doney’s community do not have access to usable roads or transport. They walk many steps to school, health centres, shops and services. The children are going to try and walk a little further in Doney’s shoes by walking laps around our playground at lunchtime. They will have the opportunity to carry a one litre, two litre or three litre bottle of water with them to feel the weight of carrying water over a long distance. This walk will be completely voluntary. The children will need to bring coins to donate to Project Compassion to participate in the walk.

Due to wet weather ‘Laps for Doney’ was postponed. The new dates is Tuesday 21st March at lunch time.

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*At St John the Apostle Narrabeena we are RESPECTFUL, RESPONSIBLE, SAFE Learners*
IMPORTANT DATES FOR TERM 1 & 2

- Mon 21st March – Holy Week Liturgies commence
- Fri 25th March – GOOD FRIDAY
- Sun 27th March – EASTER SUNDAY
- Fri 8th April – Last Day Term 1
- TUES 26th April – First Day Term 2

WELLBEING WEEK

We celebrated Wellbeing week at St John’s this week with meditation, yoga, and a sense of mindfulness. It is a time we use to stop, pause, and reflect. It’s a time for us to connect back with loved ones in the busy-ness of our lives and also to connect back with nature and with God.

We hope you and your family have enjoyed some quality time together this week.

I’ve been reading about the Kindness Revolution and have a couple of suggested activities that I know I’ve been trying, and I thought our families may enjoy too:

*Tell your friends you love them*

Try this Micro-Moment Practice:
1. Close your eyes and take three deep breaths into your belly.
2. Reflect on that one friend who has really been there for you.
3. Grab your phone (right now) and write a text of gratitude. Or call. Don’t hold back.

Remember, “Friendship is THE whole of the mindful life.” Bound together in friendship, we create our own heaven, here and now.

*Get involved in the Kindness Revolution*

How can you participate in the Kindness Revolution?

1. **Identify one thing you can do to uncover your own basic goodness.** It could be establishing a morning routine, seeing a therapist, cleaning up an addiction or learning how to calm your anxiety. Pick one thing and commit to it.
2. **Choose one thing you can do right now to make someone’s day.** It could be writing a thoughtful email or text message, apologising to a colleague, using a kindness card or calling your dad. The small is where it’s all at.
3. **Have the courage to re-humanise your workplace.** You might think these ideas don’t have relevance in the “real world”, but there are tens of thousands who want to dissolve the line between their work lives and inner values.

*Ms Ingram – Acting Assistant Principal*

TOGETHER FOR HUMANITY

Today we went to the library for an incursion with a group called Together for Humanity. We met Raygha, Jaxon and Zalman who told us about their religions and cultures. They told us not to be racist to people who have different coloured skins, accents, looks, clothing or beliefs. It was really interesting.

*Noa, Annamaria and Kyla – Year 5*

Today, years 3, 4, 5 & 6 went to the library for an incursion. Jaxon, Raygha and Zalman taught us about how Australians with different religious beliefs can feel like outsiders sometimes when they are insulted because they look different. We learned about how Raygha was treated as a child because of assumptions about her skin colour. We also found it interesting to learn about Zalman’s ancestor’s history and miraculous save from a sinking ship.

*Cooper O and Cooper B – Year 6*
Earlier today Years 3 and 4 had a cultural diversity talk which is basically when people talk about their different religions. There was a Muslim, Jew and Christian. They talked about many different things but one of the things they talked about was each religion has their own way of doing things and we should respect that they are different, however they are still Australian. So I hope today we all accept all world religions. Anna P – Year 4

Wouldn’t it be fantastic if all different religions come to visit your school? Today we learnt about all of the different religions. Year 3 and 4 were invited to listen. They were a Muslim, Christian and Jewish man. I learnt that Muslims take their shoes of before they enter a building and they eat on the floor. They also wear a skull cap on their head and they wear it in different types of weather. I learnt that Jewish people do not celebrate Easter and instead of Easter they celebrate Passover. It was a great talk and we know that all religions should be respected. Max – 4R

FAMILY LIASION NEWS

WELLBEING WEEK – WALK FOR PARENTS AROUND LONG REEF HEADLAND

Thank you to the group of parents who came for the wellbeing walk on Tuesday morning. We really had a lovely time together as you can see from the smiling faces on the photo. Everyone agreed that it was a good opportunity to take care of ourselves and socialise. Hopefully we will be able to repeat the exercise next term and have a few more people join.

PARENTING TIPS

Did you miss Australia’s No.1 Parenting Educator Michael Grose at Sacred Heart, Mona Vale?

Here is a snippet with Michael speaking on “Keeping your Family Strong”

http://www.brokenbayparentcouncil.com/michael-grose.html

At St John the Apostle Narraweena we are RESPECTFUL, RESPONSIBLE, SAFE Learners
**CANTEEN HELPERS NEEDED**

**HELP NEEDED ** HELP NEEDED ** HELP NEEDED **

1 volunteer required for WEDNESDAY 30th MARCH

**HELP NEEDED ** HELP NEEDED ** HELP NEEDED **

If you are available to help out on either of these days please contact Fiona ASAP on 0409 566 640 or email fionacosta3@yahoo.com.au

**IMPORTANT NOTE: The Canteen is CLOSED every THURSDAY**

Please send children in with recess and a packed lunch.

Sushi Day is Wednesday. All orders are to be at canteen no later than 9:30am.

The Spring/Summer Menu for this term can be found on the school website.

<table>
<thead>
<tr>
<th>W9 Term 1 Mon 21 MAR</th>
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<th>CANTEEN CLOSED THURSDAYS</th>
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<tbody>
<tr>
<td>L Morgan</td>
<td>S Olsen</td>
<td>M Martin</td>
<td>CLOSED</td>
<td>GOOD FRIDAY</td>
<td>We require 2 volunteers</td>
</tr>
<tr>
<td>N Zania</td>
<td>J Castorina</td>
<td>J Bradley</td>
<td>CLOSED</td>
<td>GOOD FRIDAY</td>
<td>each day to operate the</td>
</tr>
<tr>
<td>K Burke</td>
<td></td>
<td>B Gant</td>
<td>CLOSED</td>
<td>GOOD FRIDAY</td>
<td>canteen.</td>
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<tbody>
<tr>
<td>EASTER MONDAY</td>
<td>B Marker</td>
<td>C Turner</td>
<td>CLOSED</td>
<td>M Southan</td>
</tr>
<tr>
<td>EASTER MONDAY</td>
<td>K Clemesha</td>
<td>NEED HELP</td>
<td>CLOSED</td>
<td>H Baumann</td>
</tr>
<tr>
<td>EASTER MONDAY</td>
<td></td>
<td>NEED HELP</td>
<td>CLOSED</td>
<td>C Miller</td>
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**PARISH NEWS**

**STATIONS OF THE CROSS DURING LENT**

Stations of the Cross at 7:30pm on Fridays during Lent at St John’s

- Friday March 18th – Co-ordinated by The Parish and School Social Justice Committee.

**SACRAMENT OF CONFIRMATION 2016**

The parish will hold an information night for the Sacrament of Confirmation next week on Wednesday 23rd March at 7pm at St Kevin’s Church Dee Why. If your child is in Year 2 or over, and has been baptised and you would like them to begin preparation for the sacrament, please attend the information night.

Refer to letter attached for further information.

Parent group leaders are needed to lead the small preparation groups. If you are interested please contact Agi via email agi.reefman@gmail.com

**At St John the Apostle Narraweena we are RESPECTFUL, RESPONSIBLE, SAFE Learners**
CHESS NEWS

CHESS CLUB

During terms 2 and 3 there will be a chess club held in the library every Friday afternoon from 1:30 to 2pm. The chess club is open to any child that wishes to play chess and provides the children with the opportunity to learn a new game and develop their skills in using strategy and forward thinking. There is no experience necessary. The chess club is an informal environment run by a teacher and parents who will help supervise.

If your child expresses an interest in chess please send them along.

We will require parents to help supervise so if you could help supervise or would like to know more about the chess club please contact Christine Campbell at chrissycampbell3@bigpond.com.

AWARDS

Please note: Awards will be given out as follows:

FRIDAY MORNINGS – 8:45am Kindergarten – Year 2
FRIDAY AFTERNOONS – 2:40pm Year 3 – 6

STRENGTH & GENTLENESS will be presented on MONDAY mornings during Prayer Assembly

<table>
<thead>
<tr>
<th>Strength &amp; Gentleness</th>
</tr>
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</table>
| KB | Jeremy B  
     | Giselle La G  
     | Mia R  
     | 2N | Chloe C  
       | Sophie D  
       | Marlon I  
       | 5ID | Penelope M  
       | Elizabeth S |
| KP | James C  
     | Jake F  
     | Hannah J  
     | 3KJ | Alessio A  
       | Charlotte B  
       | Emma K  
       | 5M | Sophia A  
       | Ryan L  
       | Harry W |
| 1B | Abbie D  
     | Georgia G  
     | 3M | Olivia B  
       | Tamar McB  
       | Alessia M  
       | 6O | Logan C  
       | Jayme T |
| 1G | Brooke H  
     | Neve S  
     | Antonio Z  
     | 3PG | Luca A  
       | Camila G  
       | Brooke G  
       | 6SF | Alana F  
       | Cooper O  
       | Ashleigh S |
| 1KD | Jacob C  
     | Gianna Di P  
     | Emma H  
     | 4D | Luke C  
       | Bonnie J  
       | 5/6B | Mark Y  
       | Olivia B |
| 2C | Charlotte C  
     | Grace D  
     | Jimmy H  
     | 4R | Andre B  
       | Jerome C  
       | Dylan O |

Sport

Cody M (6SF)

Library

Ellie G (2C)

Music

Brooke H (1G)

At St John the Apostle Narraween we are RESPECTFUL, RESPONSIBLE, SAFE Learners
Don’t forget that **Wednesday** is School Banking day and students should bring in their weekly deposit on that day.

**VOLUNTEER REQUIRED: SCHOOL BANKING COORDINATOR**

We are currently on the look-out for a new School Banking Coordinator. School banking provides our school with generous commission as well as teaches our children great savings habits, but we need help to ensure we can continue to run this service.

Please refer to the attached information sheet which provides more details on this rewarding role.

If you are interested, please contact either Belinda Bedford bgbedford@optusnet.com.au or Peta Sargent petasargent@optusnet.com.au for more information.

**SCHOLASTIC BOOKCLUB**

Orders for Issue 2 are due **no later than next MONDAY 21st MARCH 2016**. Late orders will not be accepted.


**PLEASE NOTE: WE ARE NO LONGER ABLE TO RECIEVE CASH PAYMENTS.**

**“JUST ONE THING” IN 2016**

Thank you very much to those who have returned their green forms so far!

We warmly encourage all the families who are yet to return their form to please send it in THIS WEEK. Putting your hand up for the smallest thing can make a huge difference for our children and our school when we all work together.

If you need an extra copy, it can be downloaded here: [https://www.sjandbb.catholic.edu.au/_uploads/ppage/files/Just%20One%20Thing%202016.pdf](https://www.sjandbb.catholic.edu.au/_uploads/ppage/files/Just%20One%20Thing%202016.pdf)

**SOCIAL EVENTS**

**Year 3**

Sunday 20th March – Easter egg hunt, Manly Dam @ 11am until 1pm. BYO everything!

**Year 1**

COMMUNITY NEWS

“HOT SHOTS” TENNIS CAMP

At St John the Apostle Narrabeen we are RESPECTFUL, RESPONSIBLE, SAFE Learners
1st March 2016.

Dear Parents,


The time is approaching for children to begin preparation for the Sacrament of Confirmation. This sacrament is the second sacrament that children receive in our Diocese (the first being Baptism). Children may come forward to prepare for this sacrament in year 2.

The parish will hold an information night for the Sacrament of Confirmation on **Wednesday 23 March at 7pm at St Kevin’s Church, Dee Why.** If your child is in year 2 or over and has been Baptised and you would like them to begin preparation for the sacrament, please come along to the information night to find out more about the process and enrolment.

Preparation for the sacrament will be a four-week process broken up by the school holidays. All preparation classes will be held on a Saturday or Sunday either directly before or after a parish Mass in parish rooms. Children are required to attend one Mass each weekend of preparation. The preparation classes will be held on the weekends of: 2 and 3 April; 9 and 10 April; 30 April and 1 May; 7 and 8 May. Confirmation with Bishop Peter Comensoli will take place on Friday 13th May at 6pm in St Kevin’s Dee Why, on Saturday 14th May at 10.30am and at 12.30pm in St John’s Church Narrabeena. Parents may choose any session.

**Group leaders**
Preparation for the sacrament takes place in small groups. We are currently looking for parents to volunteer to lead preparation groups. All materials and training are provided. A training session for all group leaders will be held on Thursday 31 March at 7pm. Please contact Agi if you are interested in leading a group: agi.reefman@gmail.com

Yours in Christ,

Fr Tiziano Torresan
Parish Administrator.