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Issue No 15 – 24<sup>th</sup> May 2018

#### **PRINCIPAL NEWS**

Dear Parents,

#### CLAIM THE DATE FOR ST JOHN'S FETE – Saturday, November 3rd 2018

We are excited to announce we are in the process of organising **St John's Fete** this year. The fete will be a great community builder, a day of family fun and it will raise funds for our school and community. We have a date, a coordinator, (thank you Linda Nero) and already an interested team is forming to help guide the day. We'd love to have your support in making this a fantastic family day. Please read the P&F Gazette further on in the newsletter for more information.

National Sorry Day will be celebrated on May 26<sup>th</sup> followed by National Reconciliation Week (May 27<sup>th</sup> – June 3<sup>rd</sup>). The theme of the week is 'Don't keep history and mystery'; the idea behind the theme being that history is important for us all. It tells our story and in so doing gives us a sense of identity and understanding. For Indigenous Australians, recognition and acknowledgement of their story, inclusive of discrimination, exclusion, as well as times of restoration and achievement is an essential part of the reconciliation process. Fr Andrew Hamilton provides an interesting perspective on **National Sorry Day** and **Reconciliation Week.** Here is a link to his one page article providing food for thought:

#### https://drive.google.com/file/d/1zxBHuO31QBXnWhJ8yMQKzZpnD4iqfSkY/view?usp=sharing

Our teachers will be working with the children to help them understand the central themes of National Reconciliation Week and National Sorry Day. The following website is a helpful resource to explore and it asks a very relevant question – 'What are some of the things I don't know about our shared history?' <a href="https://www.reconciliation.org.au/national-reconciliation-week/">https://www.reconciliation.org.au/national-reconciliation-week/</a>

In other news, the Parish of Warringah is about to begin preparing children for the Sacrament of Confirmation. A commitment meeting is arrange for tonight, Thursday, May 24<sup>th</sup> at St Kevin's Church, Dee Why beginning at 7:00 pm. The timing for Confirmation is excellent as it links in beautifully with our recent celebration of Pentecost Sunday – the time the disciples were given the gift of the Holy Spirit which inspired them to go out to the world to spread the good news. The Sacrament of Confirmation will help the children and parents taking part to be aware of that same gift in their own lives. Best wishes to all candidates and families involved in the program over the next few weeks.

Finally, a reminder that the Term 2 P&F meeting will be held next week. It begins with a 6:00 pm Maths Workshop for parents in the library, led by Ms Cahill. The P&F General Meeting will follow the workshop.

Regards,

Mark Bateman – Principal

Unfortunately, we continue to experience drop off and pick up issues in Waratah Parade and in Alfred Street. If our procedures are followed as described, there should not be any problem. I advise that council rangers have been asked to support us in enlisting community cooperation.

Mark Bateman

#### MESSAGES TO CHILDREN:

We request that messages to children, especially in relation to pick up in the afternoons be communicated to the office by 2:30pm at the latest unless there is an emergency situation. We have been experiencing a high volume of requests to relay messages very close to bell time which is the busiest part of the day.

#### KINDER ENROLMENTS FOR 2019

All enrolments for Kindergarten 2019 should be submitted by the end of May. We ask any siblings enrolling to submit applications as soon as possible so that we can determine the number of places available for 2019.

If you had friends or family attend our Open Mornings or Evenings earlier this term, remind them to get their enrolment applications in before the end of May. Enrolment information can be found on our school website. Enrolments remain open throughout the year for other grades.

Week 5 Term 2	Week 5 Term 2	Week 5 Term 2	Week 5 Term 2	Week 5 Term 2	Week 5 Term 2
Mon 28 May	Tues 29 May	Wed 30 May	Thurs 31 May	Fri 1 June	Sat/Sun 2/3
	ICAS – Science and Tech 8am Broken Bay Cross Country	Night of the Notables Year 5 & 6 6:30pm	Yr 1 & Yr 6 Class Mass		
Week 6 Term 2	Week 6 Term 2	Week 6 Term 2	Week 6 Term 2	Week 6 Term 2	Week 6 Term 2
Mon 4 June	Tues 5 June	Wed 6 June	Thurs 7 June	Fri 8 June	Sat/Sun 9/10
Winter Uniform	St John's Advisory	Year 5 & 6	Year 5 & 6	Year 5 & 6	
Changeover	Council Meeting	Canberra Camp	Canberra Camp	Canberra Camp	

#### IMPORTANT DATES FOR THE DIARY

**Mon 11<sup>th</sup> June** Queen's Birthday – NO School

Tues 12<sup>th</sup> June ICAS – Spelling 8am

Thurs 14<sup>th</sup> June ICAS – Writing 8am

Sat 16<sup>th</sup> June School Parish Mass Yr 1 & 3 - 5pm

Mon 18<sup>th</sup> June 123 Magic and Emotion Coaching Mon 25<sup>th</sup> June 123 Magic and Emotion Coaching

Sat 30<sup>th</sup> June Confirmation 10:30 & 2pm

Mon 2<sup>nd</sup> July 123 Magic and Emotion Coaching

Fri 6<sup>th</sup> July Last Day of Term 2



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

Strength & Gentleness		Keeley	Keeley F, Anika K, Ellie N, Joy N, Isabella S & Indianna V (30)					
кс	Jensen H Lawson L Tahlia M	2R	Valentina B Evan C Ellison T	4SC	Claudia G Sienna G Joshua S	<b>Sport</b> Emery H (1G)		
KG	Leo O Matthew R Tom W	3B	Lucas C Isla P Jacob T	5D	Tamar M Olivia S	Chiara M (4B)		
18	Chloe C Alessia G Zali T	30	Charli B Keeley F	5NF	Luca A Rose R Giselle B	<b>Library</b> Alexia N (KC) Neeve S (3R)		
1G	Taj H Lilah R Joshua R	3R	Asha F Bailey G	6DI	Lachlan B Luke C Jonathan F Ryder H			
2N	Thomas B John Paul F Luella V	4B	Ethan D Alexandra J Aurora P	5/6B	Harry P	<b>Drama</b> Sophia H (2R) Emma B (5NF)		

#### SPIRITUAL NEWS

#### CONFIRMATION INFORMATION AND COMMITMENT EVENING

The Information and Commitment Evening for the Sacrament of Confirmation will take place tonight, Thursday 24<sup>th</sup> May at 7pm in St Kevin's Church.

This evening is the first step in preparing for the sacrament. The children who are to be confirmed attend with a parent.



#### MARY, HELP OF CHRISTIANS

Today is the feast day of Australia's patron saint, Mary, under the title of "Help of Christians". She is also the patron saint of our Defence Forces.

Almighty God, deepen in our hearts our love of Mary Help of Christians. Through her prayers and under her protection, may the light of Christ shine over our land. May Australia be granted harmony, justice and peace. Grant wisdom to our leaders and integrity to our citizens. Bless especially the men and women of the Australian Defence Force and their families. We ask this through Christ Our Lord. Amen.

Mary Help of Christians, pray for us.



#### SCHOOL NEWS

#### MATHEMATICS PARENT EDUCATION WORKSHOPS

This term we will be running a parent education workshop on Mathematics. The workshop will look at how children best learn Mathematics and ways you can support your child at home. We will run the workshop on three different days in the library. Please click on the google form link and complete the form to let us know that you can attend. https://goo.gl/forms/dln0VYzIEFJId7jp1

The workshops will run on the following dates:

- Friday 25<sup>th</sup> May at 9am in the library
- Tuesday 29<sup>th</sup> May at 6pm in the library
- Friday 1<sup>st</sup> June at 9am in the library

Please come along. We hope it will be an informative and practical workshop for yo

Samantha Cahill, Mathematics Coordinator



#### YEAR 3-6 GALA DAYS



This term the Year 3-6 children will have the opportunity to choose from 3 sports for their Gala Days; Netball, AFL and Rugby League. These are held in the last week of term.

All Yr 3-6 parents need to complete the online permission form for their child to attend the day; including information on transport options to and from the events. It is a regular school day, so it is expected that children attend the day.

Please click on the link below to complete the form (it has also been saved on the 3-6 home pages on the Weebly):

https://goo.gl/forms/iDftQBRsMDpQkeGA2

#### RUGBY LEAGUE CLINICS

This term we have been expanding our rugby league skills with the help of rugby clinics given to us by the Manly Warringah Rugby League club. This will definitely help us during our gala day; year 3&4 will be doing their gala day on Tuesday in Wk 10 and year 5&6 will be doing theirs on Thursday in Wk 10. We hope everyone is excited.

From Jade, Bonnie and Levi on the playground team

#### STAGEARTZ STARS



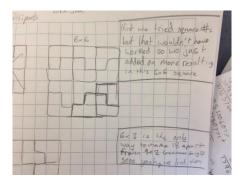
Congratulations to some of our Yr 6 drama stars for landing roles in the upcoming *Beauty and the Beast* at the Glen Street Theatre in Belrose this September.

Joel, Max, Josh, Hayley, Hannah, Nikita and Jade Cu from Year 6 will all have roles singing and dancing on stage. Beauty & the Beast will be performed at Glen St Theatre, 21st to 29th September, 2018 – in the two weeks before the October school holidays.

http://www.stageartz.com.au/beauty-the-beast/

Children from our Yr 4, 5 and 6 classes have begun their Maths Challenge tasks this week as part of the Australian Mathematics Trust. The focus is particularly on how well children are able to articulate their reasoning and explain their mathematical thinking.

The children also get the opportunity to meet and work with their peers at some of our Northern Beaches Catholic Community of Schools and even head up to Mater Maria to work with high school teachers. Good luck kids!



#### NATIONAL SIMULTANEOUS STORYTIME



The St John's children joined in with children all around Australia and New Zealand to listen to the story '*Hickory Dickory Dash'* – the story *behind* your favourite nursery rhyme. It was a great read and well-enjoyed by all!

Have you checked out the StoryBox Library?

As an added bonus, Story Box Library is making their entire library, (yes, all 187 stories and short films!) including Hickory Dickory Dash free for registered NSS participants to view between **Monday 21st and Friday 25th May**.

#### HOW TO LOG ON TO STORY BOX LIBRARY

- Visit storyboxlibrary.com.au
- Look for the key symbol and LOG IN option in top right corner of website
- Choose either School & Early Childhood OR Public Library & Tertiary log in options (\**N.B. the Schools log in will give you access to the Classroom Ideas and the Library log in will give you access to the At-Home Activity intended for families*).
- Use username: **NSS2018** and password: **welovestories** to log on, noting that both are case sensitive (\*N.B. if using Public Library & Tertiary log in page, you will need to scroll down past barcode option to use the username/password log in section).
- Once logged in, click on the STORIES page and scroll down to locate Hickory Dickory Dash.

Don't forget that you have the option to view closed captions as the story is played. Look out for the CC symbol at the bottom of the video screen to turn captions on. Classroom Ideas and At-Home Activity links and can be found under the Story Details section.



# The P&F Gazette

News and info from YOUR Parents & Friends Association

entertainment

### ST JOHN'S FETE – SAVE THE DATE!

Saturday 3rd November 10am - 3pm It's time to GET EXCITED!

Entry will be open to our whole local Northern Beaches community, with exciting rides, raffles, competitions, merchandise & foods stalls to enjoy.

#### PRIZES NEEDED

Can your family or business donate a prize for the raffle? Do you know anyone else who could? Would your business be interested in holding or supporting a stall? If so, please let us know via the link https://goo.gl/forms/wvU8YU0XZUG3JYhD2 or email us at stjohnspandfassociation@gmail.com Stay tuned, lots more information to come!

# The Entertainment Book – now available at St John's!

Just a few visits to some of our local favourite restaurants, cinemas and entertainment venues will recoup the \$70 outlay in spades! All dining areas at the Dee Why RSL, the Dee Why Hotel, Pilu for that special occasion, plus Hoyts, Zone Bowling, Flip

spades! All dining areas at the Dee Why RSL, the Dee Why Hotel, Pilu for that special occasion, plus Hoyts, Zone Bowling, Flip Out and so many more venues .... this is a fantastic way to save money, especially when you're looking for inexpensive family activities to enjoy on school holidays and weekends.

The **Entertainment Book** has over a thousand vouchers for all of Sydney and surrounds – a fantastic opportunity to try some new venues further afield! Visit <u>https://www.entertainmentbook.com.au/orderbooks/94u9722</u> to find out more. You can purchase either the book or digital membership, valid from 1st June 2018.

#### \*Hint, with the book it's easier to share your vouchers with others $^{\odot}$

#### **Crunch Time – Canteen News!**

Our food tastings last week were a huge hit - thank you to all the students, parents and carers who took part. We've based the new hot food menu on your feedback favourites, and the winners are (drum roll please!) ....

- 1 Butter chicken
- 2 Bacon pasta carbonara
- 3 Bolognaise pasta bake 4 Chicken mini rissoles with macaroni cheese

These new items will be available, from **mid-next week**, on all days except Tuesdays when the canteen is <u>CLOSED</u>. And remember we have **sushi** available **each Monday and Wednesday**. More hot food items will be available in the coming weeks. Thinking of volunteering an hour or two each term? – please fill out the Call Out for Canteen Volunteers form and return to the school office asap!

#### **School Uniform Shop News**

Boy's Winter pants only \$6 Girl's winter shirts only \$6 Preloved clothing in excellent condition! Visit Linda in the School Canteen 8.30 – 9am Friday mornings & 2.30 – 3pm Friday afternoons.

#### Next P & F Meeting - Tuesday 29th May

We would love you to join us at 7pm in the School Library for our next Parents & Friends meeting – there's lots to discuss, especially our exciting Fete in November!

Warm regards

Bel, Pip, Jo, Russell & Caroline





All classes enjoyed reading the fantastic book after morning tea. All the Year 3 classes joined together in the library for the reading of a hard copy of the book while other classes watched an electronic copy in their classroom.

Kindergarten have read other Nursery Rhymes such as 'I'm a little tea pot' and 'Row, row, row your boat'. After reading they identified the rhymes in the book.

Years 1 and 2 had fun changing around the words in Hickory Dickory Dock and made their own rhyming versions.

Years 3 and 4 investigated other Nursery Rhymes and made changes to the rhymes to create their own versions.



Years 5 and 6 read 'Sorry Day' by Coral Vass. This book entwines two stories retelling the momentous day when the then Prime Minister of Australia, Kevin Rudd, acknowledged the sorrows of past and said 'SORRY' to the generation of children who were taken from their families. Students then watched a clip of the historic speech.



We have lots of new books in the library if you are able to help with covering them we will provide the contact you need. Just pop into the library or ask at the office and we will send home a bag with the books and contact.

#### FAMILY LIAISON OFFICER

#### 1-2-3 Magic and Emotion Coaching is back!

This is our most popular parenting course. If you did not make it in term 1, this is your chance to join this year.

Dates & Time: Mondays 18<sup>th</sup>, 25<sup>th</sup> June and 2<sup>nd</sup> July. 6:30-9pm.

Bookings are essential: http://www.schoolinterviews.com.au booking code: yhnza

Please email <u>Jeanie.mcdonnell@dbb.catholic.edu.au</u> for any queries.

#### The Resilient Child – Daytime workshop!

For those who were not able to join the workshop last week, we are now offering a daytime session:

Thursday 31<sup>st</sup> June 9-11am. Please register: http://www.schoolinterviews.com.au booking code: 6km6m

## Live Life Well @ School

### FUNDAMENTAL MOVEMENT SKILLS

There are 12 key skills children need to participate successfully in all types of games, physical activity and sports. Here is one: CATCH



- Eyes focused on the object throughout the catch
- · Feet move to place the body in line with the object
- · Hands move to meet the object
- Hands and fingers relaxed and slightly cupped to catch the object
- Catches and controls the object with hands only (well-timed closure)
- Elbows bend to absorb the force of the object



Live Life Well @ School

**Carrot Cupcake Recipe** 

Ingredients: (makes 15 cupcakes)

 2 cups grated carrot

• 1 cup self-raising

wholemeal flour

1 cup self-raising

ground cinnamon

white flour

1 teaspoon

1 teaspoon

• ½ cup soft

• ¼ cup

• 1 egg,

ground ginger

brown sugar

vegetable oil

lightly beaten

## Live Life Well @ School HEALTHY LUNCH BOXES

Check out the Cancer Council NSW's Healthy Lunch Box website to help parents and kids plan and pack a healthy lunch box.

The interactive lunch box builder can be used at home or on the move with a smartphone or tablet.

Visit www.healthylunchbox.com.au to pack a quick and healthy lunch box today!



#### Health Northern Sydney Local Health District NSW

### Live Life Well @ School



IDS AGED 7-13 YEARS WHO ARE E A HEALTHY WEIGHT

The program is run by a trained and qualified

For more information: www.go4fun.com.au

Health Northern Sydney Local Health District NSW

#### Live Life Well @ School Practice these catching games Sevens • Throw a tennis ball against a wall Bean Bag Drop and catch it. Stand 1m away

- Increase the difficulty of each throw and catch (incl. left hand, bounces)
- First throw and catch is done once, 2nd throw and catch do twice, continue until the 7th throw and catch 7 times
- e.g.. 1 x 2 hands, 2x right hand, 3 x left hand, 4 x one bounce, 5 x 2 claps and catch etc.

#### Shrink and Grow

facing the child.

Hold a bean bag in

eye height.

The child tries to

catch it before it

hits the ground.

Drop 1 bag

each hand at about

In pairs, take 10 catches in a row. Take a step back and repeat. If the ball is dropped, go to one knee, drop a second time, go to 2 knees, third drop – sit. A successful catch allows the catcher to come back up in reverse order.



Method 1. Pre- heat the oven to  $190\,^\circ\text{C}.$ 2. Place grated carrot into a large bowl, sift in the flours, add cinnamon, ginger and brown sugar and mix well. 3. Combine the vegetable oil with

- the eggs and milk, pour this mixture into the dry ingredients and blend until just combined. 4. Grease muffin tins and place patty
- cases into tins 5. Fill the patties ¾ full with the
- mixture, bake for 20minutes or until golden brown.

• 1½ cups buttermilk or milk

Health Northern Sydney Local Health District NSW



Try to keep these habits even during holidays!



dav. Tips:

Health Northern Sydney Local Health District NSW healthykids.nsw.gov.a

