



# ST JOHN'S NEWS

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## DIARY

Week 7 Term 4 Mon 21 Nov	Week 7 Term 4 Tue 22 Nov	Week 7 Term 4 Wed 23 Nov	Week 7 Term 4 Thu 24 Nov	Week 7 Term 4 Fri 25 Nov	Week 7 Term 4 Sat 26/Sun 27
	<b>Talent Quest Heats at 1.25pm</b>	<b>Talent Quest Heats at 1.25pm</b>	<b>Talent Quest Heats at 1.25pm</b>	Grandparents and Special Friends Liturgy & afternoon tea 1:30pm	
Week 8 Term 4 Mon 28 Nov	Week 8 Term 4 Tue 29 Nov	Week 8 Term 4 Wed 30 Nov	Week 8 Term 4 Thu 1 Dec	Week 8 Term 4 Fri 2 Dec	Week 8 Term 4 Sat 3/Sun 4
Yr 1 and Yr 2 Excursion Botanical Gardens  <b>Parenting workshop 7-9pm School Library</b>	<b>Parenting Workshop 9-11am Parish Meeting Room</b>			Class Parents & Canteen Volunteers Thank you afternoon tea 2-3pm. Meet in the library	

## SPIRITUAL NEWS

### Candela

It was fantastic to have Mary Rajca here on Monday to update us about our friends in Candela. It is wonderful to see that every year more of their needs are met. When Sr Joan and Sr Patricia originally went to Candela they asked the women what they needed most. Their reply was that they needed work and they needed to be able to educate their children. When we buy the beautiful handcrafts made by the women, we enable them to meet both of those needs.

Thank you for your generosity – it makes a difference.

## Blessing of 2017 Kinder Mass

A big thank you to all of the families who came along to Mass to make our new Kindergarten families feel welcome. There was a terrific turn-out of Year 4 families who provided wonderful hospitality through our sausage sizzle. Year 4 have been learning about “loving service” and we were surrounded by that on Saturday night.

Our next Parish School Mass will be on Saturday 10<sup>th</sup> December – it will be hosted by the whole school! We will be having a sausage sizzle - and there is a rumour there may even be bacon for the sausage sandwiches!

## Altar Server Training

Father Tiziano has invited the children who have made their First Communion to become junior altar servers. We are hoping to have training sessions during school time. It would be wonderful to have a group of children who could serve at weekend Mass once a month and also serve at our school Masses. Details are available on the attached note.



## UPCOMING DATES

**Grandparents & Special Friends Day – Friday 25<sup>th</sup> November.** Please note our Grandparents Day & Special Friends day will begin at 1:30pm with a liturgy in the church followed by afternoon tea and a chance to visit the children’s classrooms.

**Whole School Parish Mass & Sausage Sizzle – Saturday 10<sup>th</sup> December @5pm** – this will be a whole school Parish Mass and is our Advent and Christmas celebration. Pop it in your diary!

## CLASS PLACEMENTS 2017:

The teachers are currently considering class arrangements for 2017. Parents are invited to submit in writing any educational reasons for the placement of their child in a class group for next year. Requests will be considered along with teacher and student feedback in making decisions about placement. **Please note that requests in relation to particular teachers will not be considered.** Requests can be addressed to Mr Bateman via the school email account. *Requests will be considered until Friday, November 18<sup>th</sup>.*

## SUN SAFETY:

With the warm weather creeping upon us, it is very important to remind all students to pack their school in their bag each day. We have a few students coming to school each day without their hat and asking the office for spares. Unfortunately, we have NO spares. Students who do not bring their school hats are to play in the designated shaded area.

We are also asking the children to apply their sunscreen before coming to school each morning.



## AWARDS

**STRENGTH & GENTLENESS: MARLON I (2N)**

**MONDAY PRAYER ASSEMBLY**



**Please note: Awards will be given out as follows:**

**FRIDAY MORNINGS – 8:45am Kindergarten – Year 2**

**FRIDAY AFTERNOONS – 2:40pm Year 3 – 6**

<b>KB</b>	Leon D Katia K Mia R	<b>2N</b>	Chloe C Chiara G Scarlett M	<b>5ID</b>	Nicholas R Jackson L	<b>Sport</b> Giselle (KB) Max (6SF) Sara (60)
<b>KP</b>	Jake F Ruby G Hannah J	<b>3KJ</b>	John B Oliver L Taylah P	<b>5M</b>	Isaac B Harry W Alessia Z	<b>Library</b> Emily (6SF)
<b>1B</b>	Lachlan B Lennox D Georgia G	<b>3M</b>	Frederick F Jasper K Hudson L	<b>6O</b>	Rory M James P	
<b>1G</b>	Lucas C Madeline K William M	<b>3PG</b>	Camila G Braxton V	<b>6SF</b>	Lucia P Emily R Cooper O	<b>Music</b> Nicholas (2C)
<b>1KD</b>	Keeley F Jacob H Carys P	<b>4D</b>	Hannah H Bonnie J Connor W	<b>4/5/6B</b>	Ben M	
<b>2C</b>	Claudia G James Henri L	<b>4R</b>	Justine L Jerome C Dylan O			

## IMPORTANT NOTES FOR THE OFFICE

Family registration, photography and permission forms were sent home with your children last week. Kindly return **ALL** three forms to the office by **Monday 21<sup>st</sup> November**. Thank you to those parents who have returned all forms. If you have only sent back one or two we do need all three by this date.

## CANTEEN

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

<b>W7 Term 4</b> <b>21 Nov</b> E Burrell C Gategood	<b>W7 Term 4</b> <b>22 Nov</b> C Campbell J McManus	<b>W7 Term 4</b> <b>23 Nov</b> P Moore T Hawthorne B Gant	<b>W7 Term 4</b> <b>24 Nov</b> <b>CANTEEN</b> <b>CLOSED</b>	<b>W7 Term 4</b> <b>25 Nov</b> <b>NEED HELP</b>	<b>CANTEEN CLOSED</b> <b>THURSDAYS</b>  <b>We require 2 volunteers</b> <b>each day to operate the</b> <b>canteen.</b>  If anyone would like to join our group of canteen volunteers, click <a href="#">here</a> or email Fiona on <a href="mailto:fionacosta3@yahoo.com.au">fionacosta3@yahoo.com.au</a>  <b>Canteen Coordinator:</b> Fiona Costa (0409 566 640)
<b>W8 Term 4</b> <b>28 Nov</b> H Byrne J Kipa	<b>W8 Term 4</b> <b>29 Nov</b> B Haroutonian D Panucci	<b>W8 Term 4</b> <b>30 Nov</b> D Albanese C Lambert	<b>W8 Term 4</b> <b>1 Dec</b> <b>CANTEEN</b> <b>CLOSED</b>	<b>W8 Term 4</b> <b>2 Dec</b> N Leventis T Collins	

**Book Covering**

We have once again a build-up of beautiful new books in the library which need covering. If you are able to help the contact is supplied and you are welcome to take the books home with you or cover them in the library.

Drop into the library to pick up a bag or see the school office



**Author Visit 16<sup>th</sup> November**



Children’s author Oliver Phommovanh visited St Johns on Wednesday this week to speak about writing with students. Oliver also presented award to the three students from our school who won a writing competition. These students were also presented with a copy of one of Oliver’s books.



Oliver spoke about his inspirations for writing which included some very funny events from his real life experience. Oliver’s background as a comedian as well as a teacher and writer were very evident in the entertaining talk.

A lucky group of enthusiastic writers also had the chance to do a writing workshop with Oliver where he shared his tips for writing.

**Oliver’s Writing Tips**

1. Write what you love
2. Write about your life
3. Read to get ideas
4. Carry a note book to get ideas
5. Make it weird



## SCHOOL NEWS

### CHESS NEWS

Our annual school chess challenge was held on Friday 4<sup>th</sup> November and was another big success with 36 players.

Well done to everyone who participated and congratulations to the following winners! We will be presenting trophies and medals at next Tuesday Morning assembly.

<b>Kindergarten</b>	Jamie Eckford and Piero Vezzola	<b>Year 3 - 3rd</b>	Michael Aiello and Jasper Klijn
<b>Year 1 - 1st</b>	Tobias Goodwin	<b>Year 4 - 1st</b>	Ethan Hammond
<b>Year 1 - 2nd</b>	Lachlan Barwell	<b>Year 4 - 2nd</b>	Billy Bandur
<b>Year 1 - 3rd</b>	Benjamin Ferris and Victor King-Samartin	<b>Year 5 - 1st</b>	James Crookwell
<b>Year 2 - 1st</b>	Nicholas Christou	<b>Year 5 - 2nd</b>	Miranda Bedford
<b>Year 2 - 2nd</b>	Elio Vezzola	<b>Year 5 - 3rd</b>	Katrina Slot
<b>Year 2 - 3rd</b>	Philippa Pardoen	<b>Year 6 - 1st</b>	Logan Campbell
<b>Year 3 - 1st</b>	Ethan Crookwell	<b>Year 6 - 2nd</b>	Bianca Cirillo and Tara Gategood
<b>Year 3 - 2nd</b>	Hudson Lambert and Aaron Runco	<b>Year 6 - 3rd</b>	Kevihn Jackson
<b>Overall winner</b> - Logan Campbell			

### KINDERGARTEN END OF YEAR CELEBRATIONS

We would love to catch up with you all to celebrate. Please join us for our two end of year events!

**Parents Dinner on Thursday 1st December 7pm Dee Why Hotel**

Could you please RSVP to your Class Parents **and/or**

**Kids Picnic on Friday 2nd December from 3:15pm - Beverley Job Park**

Hope to see you all there

## YEAR 1 END OF YEAR SOCIAL EVENT

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We would love to see you all there for our end of year social event.

7pm on Wednesday 30th November at the Collaroy. RSVP to class parents by 21/11/16

## YEAR 2 PARENTS SAVE THE DATE

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We would love to catch up with you before the Christmas chaos. Please save the date for dinner and drinks on Friday 2nd December. If you haven't been to a social get together this year here's your chance- All welcome!

## YEAR 3 GET TOGETHER, SAVE THE DATES

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With the end of the year fast approaching, it is a wonderful time to get together and celebrate, with the following opportunities to catch up, if you are available for either or both of the following:

Parent only catch up: [Thurs 24th Nov](#), at Dee Why Hotel from [7pm](#) for dinner & drinks. Please RSVP to Class Parents by Mon 21st (to ensure table area booked is sufficient)

Family friendly picnic, [Sun 27th Nov](#), at the Collaroy Beach Park [from 2- 4:30pm](#). All welcome

Hope to see you there!

## YEAR 4 END OF YEAR CELEBRATION

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Dinner / Drinks, Thursday 8 December 2016, @ DeeWhy RSL from 7pm.

## CASSEROLE CLUB

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In term 4 we have many families, both parents and children who are dealing with illnesses. If you have a chance to cook a meal and freeze it for our casseroles club it will be greatly appreciated by our families in need. The office has a supply of plastic containers if you would like to stop by and pick one up.

We wish to thank all those families who have donated meals to the casserole club this year. Our families in need are always very grateful to receive a meal in difficult times.

**Friday 25th November**

For on line ordering please follow the link <https://mybookclubs.scholastic.com.au/>

Alternatively you can put your order in at the office. Please ensure it is in an envelope clearly marked **Book Club** and the order has the **name** and **class** clearly marked on the order.

**Unfortunately we can no longer accept cash.**

**If you want to purchase Christmas gifts please indicate it on the order AND let the office know that you wish to collect the order.**

**ONLY 2 WEEKS LEFT TO CLAIM YOUR SCHOOL BANKING REWARDS!**

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Our final School Banking day for 2016 will be **Wednesday 14<sup>th</sup> December**. If you wish to order a reward item for your child this year please ensure that your redemption slip is filled in and returned by **Wednesday 1<sup>st</sup> December**. Any tokens that have not been redeemed this year can be used in 2017. Some great 2016 & 2015 rewards are still available!



Outback Pat  
Bag Tag



Wriggly Glow  
Worm



Jump and  
Skip Rope



Outer Space  
Savers Money Box



ET DVD

Thanks in advance.

Regards

Belinda Bedford

School Banking Coordinator

## COMMUNITY NEWS

### ROADS & MARITIME SERVICES NEWS

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St John's Catholic School has been approved to get additional school zone flashing lights. They will be installed on Waratah Parade. The rollout of additional flashing lights will commence later this year, and will be completed by mid-2017. Other information about school zone safety is on the Centre for Road Safety webpage, at <http://roadsafety.transport.nsw.gov.au/stayingsafe/schools/index.html>. As always, we remind our families to ensure they are following road rules and our 'Drop Off/Pick Up Zone' rules on Waratah Parade before and after school so all of our children are safe.

- Tuesday 29<sup>th</sup> November, 9-11am in the Parish Meeting Room (back of the school hall).



### Walk around Long Reef Headland – Tuesday 22<sup>nd</sup> November, 9:30am

Take time out, get active in the fresh air, meet other parents at St. John's, enjoy the beautiful scenery and keep your eyes open for whales.

Wellbeing Week is week 7 this term. I will be leading a Wellbeing Walk for Parents and Carers around Long Reef Headland starting from the **Bottom** Car Park at 9:30 and walking around the golf course track. The walk takes approximately 40 mins (about 3KM's). The path is mostly sealed and is dog and pram friendly. (Dogs must be kept on a leash). Bring, hat, sunscreen, water, weather appropriate clothing. There are several cafés close-by if anyone wishes to stay out longer after the walk for a coffee and chat. I look forward to seeing many of you there. Feel free to bring a friend or family member. Print off the attached invitation and put it on your fridge so you don't forget.

### CANCER COUNCIL EAT IT TO BEAT IT CAMPAIGN – HEALTHY LUNCHBOXES

It may surprise you to learn that at least one in three cancer cases are preventable and the number of cancer deaths could be reduced significantly by choosing a cancer smart lifestyle. More than 13,000 cancer deaths each year are due to smoking, sun exposure, poor diet, alcohol, inadequate exercise or being overweight. The Cancer Council came to our Kindy Transition this week to speak to parents about **healthy lunch boxes**. They offer free tips & tricks, and recipes on their website, pinterest and facebook. There are also fact sheets available on how to make lifestyle changes to help prevent cancer:

<http://www.cancer.org.au/preventing-cancer/reduce-your-risk/>

### For simple, budget-friendly lunch box and family meal ideas...

- Follow our [Facebook](#) page for tips, ideas, recipes and quirky insights into packing lunch boxes and preparing simple budget-friendly family meals. (<https://www.facebook.com/eatittobeatit/>).
- Go to our [website](#) for recipes for healthy family meals, online tools and resources and to get your school involved. (<http://www.cancercouncil.com.au/cancer-prevention/diet-exercise/eat-it-to-beat-it/>)
- Check out EAT IT TO BEAT IT on [Pinterest](#). <https://www.pinterest.com/cancercouncil/eat-it-to-beat-it/>

[eatittobeatit.com.au](http://eatittobeatit.com.au)

**Cancer Council Helpline 13 11 20**

Family Liaison Officer – Jeanie Mc Donnell

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### PARENTING WORKSHOP FOR TWEENS

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Is parenting your tween becoming more and more challenging. Are you prepared for the teenage years ahead?

We are running the popular course **Ages and Stages Adolescence** to help you to **survive the school holidays** by helping you to understand the developmental stage that your child is at now and where they are heading in years 6, 7 and 8 as they mature. It is only a 2 hour session and will give you practical tips as well as some facts about your child's development at this tricky stage of life.

Please register your interest by emailing: [Jeanie.mcdonnell@dbb.catholic.edu.au](mailto:Jeanie.mcdonnell@dbb.catholic.edu.au)

**Course dates : Evening – Monday 28<sup>th</sup> November, 7-9pm in the school library or Morning**

## Buy yours from Beacon Hill Guides & Scouts this year!



All monies raised goes directly to the Guides & Scouts

**Where:** Beacon Hill Reserve Soccer Fields, cnr Warringah & Willandra Rd, opp. McDonalds

**When:** Weekend **10 & 11 Dec** from 7.30am

**Drive in** – plenty of parking. Get in early, great choice, pick your own.

Hope to see you there.

# INVITATION FOR JUNIOR ALTAR SERVERS



Dear Parents,

The Catholic Parish of Warringah is extending an invitation to children who have made their First Communion to take up the ministry of altar serving.

Altar serving is not just a job to be done, nor a performance, but one of the many ministries which members of the congregation at Mass do to enhance liturgy and to be their way of prayer. This is an important ministry that allows your child to play a special role in the Mass but also requires commitment and maturity on their behalf.

We roster people on each ministry around once a month, but the hope is that people will be coming to Masses even when they're not serving too. We ask people to choose one Mass – Saturday night 5pm, Sunday 8am or Sunday 10am - to be rostered on to. The children will also serve at weekday school masses.

Children need to be accompanied by a parent at Mass, not dropped off, so this would be a commitment by you also.

The children will have practice sessions during school time, and will be placed on the roster once a month when they've completed their training.

If you would like your child to be an altar server, please fill out the attached form, and return it to the school office.

God bless your family,

*Father Tiziano*



**Altar Servers**

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## St John's Narraweena - Junior Altar Serving

Name ..... Class: .....

I would like to be an altar server. I will come to the practices during school time, and do my best to learn how to serve God through this ministry at Mass.

I will come to Mass regularly, and arrive 15 minutes before Mass starts when I am rostered on to serve.

The Mass I would like to serve at is (circle one):    Saturday 5pm        Sunday 8am        Sunday 10am

Signed.....

Parent's Name ..... Phone.....

I support my child becoming an altar server.

I will accompany my child to Mass on weekends.

Parent Signature .....

Helping  
Aussie kids  
be kids!



\$3,000  
MY GOAL

\$2,789.50  
GIVEN

\$210.50  
STILL NEEDED

Give Now

Share



GEORGIA

#### THANK YOU

I have made the decision to make a difference by cutting and donating my hair to be made into a wig for someone who has lost their hair due to a medical condition.

The girl in the picture is Hannah, a beautiful girl with a vibrant smile. I love teaching Hannah, she always brings a smile to my face. Her hair (or lack of) has never defined the person she is. I am proud to know her and want to be more like her.

Our community at St John the Apostle Catholic School, Narraweena has experienced much sadness in recent years with so many of our friends and family suffering from cancer. All of them show courage everyday and I want to be more like them.

Cutting my hair is certainly not courageous but it is something small that I can do to help. I have always had long hair, I suppose it is part of who I am... Not for LONG!

Wigs cost families up to \$6,000, lasting 1-2 years, meaning families can spend tens of thousands of dollars on the purchase of wigs throughout a child's youth. By making a donation to Variety - the Children's Charity, you can help provide a wig or other vital equipment to a child in need.

If you prefer not to donate, maybe you could join me and CUT your hair too!?!

**Go to the website to donate!**

<https://alopecia.everydayhero.com/au/georgia-5>



Be careful with what you fight with kids about

Have you ever painted yourself into a corner because you chose the wrong battle with a child?

Recently I saw an older dad (Mr. 50+) who argued with an over-tired four-year-old over food.

“Come on Justin, just two bites. Two bites and you can go. Come on, two bites.”

“NOOOOHHHH!”

“Come on. You’re being silly. Two bites. Come on, two bites.”

The more the dad insisted; the more the little boy dug in.

Like a dog with a bone the dad wouldn’t let go. But the little boy was part Rottweiler he wasn’t letting go either.

Here’s the rub.

This argument had nothing to do with food. It was about winning, or more accurately, “I want to make you!”.

This dad was on a loser as he could lead a horse to water but he couldn’t make him drink it. The harder he fought, the harder the boy fought back. There are two lessons from this little story.

#### 1. We need to choose our battles wisely

We choose our battles as parents. Food, bedroom tidiness and choice of clothes (although this one is a hard one indeed!) are common battlegrounds between parents and kids at different ages. Each is an area that children have some control over and each is an area that can be seen as a barometer of effective parenting.

I’m not suggesting that parents let kids do as they wish. I think we need to be careful about the battles that we choose as we risk harming relationships, and causing unwanted stress over relatively minor matters.

In the case of Mr. 50+ dad, there was no way his son was going to starve so there was no point engaging in a 15 minute Mexican stand-off over two measly bites of his meal. It was a silly fight for a parent to have as in effect the parent turned into the child and the child turned into the parent.

#### 2. Avoid the first impulse

We so easily get sucked into the vortex of conflict that’s created by a child’s unwillingness to cooperate. It’s to say- ‘Don’t fight’ – but when a child thrusts his chin at us in defiance and we react on impulse (yep, we get tired but when we’re tired we always revert to our base level of skill) we get dragged into a fight/battle/argument we can’t win. And before you know it you blurt something out along the lines of “and you’re getting nothing for Christmas this year!!!!” Before you know it you’ve backed yourself into a real corner.

There’s got to be a better way. And there is. Here are three ideas that will help.

#### 1. Build two lists

Create two lists. One consisting of the issues worth fighting with kids over (e.g you need to be home when you say you will) and the second of things that aren’t worth fighting over (e.g spotless bedrooms). I’ve found that

many parents transfer items on the 'worth fighting over' list to the 'not worth fighting over' as they get more experience.

## 2. Step back and breathe

One way to stop being dragged into fights we can't win is to step away from the source of conflict (in Mr. 50+'s case a few deep breaths and a walk into another room may have helped him gain some perspective) and take a breath or three to clear the air (and your head) may help you keep things in perspective.

## 3. Focus on what you'll do

Telling kids what they should do tends to use fighting words.

'Do this!' is a coercive statement that invites a 'No!'

Rather than tell kids what to do, focus your language on yourself. Rather than "Come and eat" which can invite an "I'm not hungry/ready/I'm playing a game" response try something along the lines of "I've just served up". Now comes the interesting bit. Keep reminding your kids and you'll train them to ignore you.

Take the meal away after ten minutes as they are still playing a game and then you are letting your kids know that you're not getting involved in games of their making.

Parenting is always easy when there are no kids around. I'm sure if Mr. 50+ read this he'd nod his head in agreement with the good sense it makes.

On the other hand, he was pretty determined not to let his four-year-old eat those two extra bites.

Yep, we need to be careful what we fight with kids over if we want to maintain good relationships; give them some say over their lives and get some joy out of family life.

Want to learn more about getting cooperation from kids?

Here are three great learning options:

Option 1: Understanding Children's behaviour e-guide. A quick electronic guide to children's behaviour Downloadable PDF. Find out more

Option 2: Read One Step Ahead my behaviour management bible. It explains many of the ideas mentioned above and applies them to an A-Z of 38 common parenting issues many parents face. Find out more

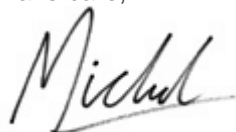
Option 3: Cooperative kids pack. This great money-saving pack contains Understanding Children's Behaviour, One Step Ahead and a 100 page Best Behaviour Program with 2 CD's and learning activities. Find out more

NB: The Cooperative Kids pack is available until stocks run out.

Share the love and the practical wisdom

We'd love it if you could share this newsletter with other parents who may benefit from reading Happy Kids.

Take care,



Michael Grose



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