



ST JOHN'S NEWS

166 Alfred Street, Narraweena NSW 2099

T: 02 9971 9297 F: 02 9971 2157 E: sjan@dbb.catholic.edu.au W: sjandbb.catholic.edu.au

PRINCIPAL'S MESSAGE

Dear Parents,

This is the final newsletter for 2016.

As I look back on the year, there is much to be thankful for. Our Parents and Friends group, especially Class Parents and volunteers, have provided many opportunities to bring people together and assist in raising funds. Our new air conditioning has been a very much appreciated in the recent heat, as has the replenishment of technology resources for the children.

Highlights of the year included the spectacular production of our musical; the revitalisation of our core values; the creation of our consequences matrix; strong evidence of successful learning by our children; opportunities provided in the school and Parish for involvement and participation in our Catholic faith; excellent leadership from our Year 6 students in their varied student leadership roles and our involvement with our mission priorities in assisting Catholic Mission, the community of Candela in Peru, Saint Vincent de Paul and the Children's Hospital.

Our staff and teachers have worked in a very committed and collaborative way to provide the children and families with a purposeful and caring learning environment characterised by 'Strength and Gentleness'. They have definitely earned a well-deserved break.

We celebrate our End of Year Liturgy tomorrow morning at 11:00 am in the Church. This will give us an opportunity to express our gratitude for all we have experienced, farewell those leaving us, distribute special awards and welcome our new student leaders. All parents are invited to attend.

There are a number of celebrations and opportunities in the Parish over Christmas:

- **Christmas Eve** – Reconciliation: 9:45-10:45 am
- **Christmas Eve Mass** – OUTDOOR MASS 6:00 pm. Children can come dressed as angels, shepherds or as a king.
- **Christmas Day** – Masses: 8:00 am and 10:00 am
- **New Year's Day** – Solemnity of Mary Mother of God: Masses 8 am and 10 am

On behalf of the staff and students of St John's, I thank you for your support during 2016 and I wish you and your family a very happy and holy Christmas and a wonderful New Year.

Sincerely

Mark Bateman – Principal

2017 Start Dates:

Students from Years 1-6 return to school Tuesday, January 31st with Kindergarten beginning on Wednesday February 1st. Remember to book in for your child's Mathematics Assessment Interview on Monday, January 30th. Kindergarten students will find a broader range of days and times available for interviews on the parent-booking site www.schoolinterviews.com.au.

St John's Christmas Choir at Palm Grove



The St John's choir and Mr Frazer visited Palm Grove Nursing Home yesterday. The boys and girls lifted the spirits of the residents by singing a set of well-known Christmas Carols. It was lovely to see the residents joining in and clapping along with the music. We look forward to more regular visits at Palm Grove.

Staffing News:

We welcome Mrs Cendrine Lambert as our new Canteen Coordinator beginning 2017. Cendrine is looking forward to her new role and to building on the great work of our outgoing coordinator, Mrs Fiona Costa.

Congratulations to Miss Jessica Macri who has been appointed to a teaching position at St Rose, Collaroy Plateau.

Mrs Dawson – The Good Shepherd



The children and teachers organised a special farewell for Mrs Dawson on Tuesday. After 40 years teaching, 15 of them at St John's, Mrs Dawson will be retiring to farm and family life. As she raises sheep, the theme of the Good Shepherd was a most fitting tribute to her. Each class presented her with their own sheep, which was full of memories and best wishes for one of our most loved teachers.

SPIRITUAL NEWS

Christmas Vigil Outdoor Mass



The Christmas Vigil Mass will be held at 6:00pm on 24th (with Carols commencing at 5:30pm). This will be an outdoor Mass held in the back playground, the children are encouraged to come dressed up. There is also a request for assistance with setting up from 4pm – please contact the parish office on 9982 6536 if you are available to help.



DIARY

CHRISTMAS HOLIDAYS!!!

Week 1 Term 1 Mon 30 Jan	Week 1 Term 1 Tues 31 Jan	Week 1 Term 1 Wed 1 Feb	Week 1 Term 1 Thurs 2 Feb	Week 1 Term 1 Fri 3 Feb	Week 1 Term 1 Sat/Sun 4/5
MAI/Best Start interviews K-6	First Day Of School Yr 1-Yr 6 Kindy Best Start interviews	First Day of School for Kindy 9-12 Best Start Interviews from 12.30	Kindy 9-12 Best Start Interviews from 12.30	First Full Day Kindy	

Mrs O'Connell lost her sunglasses on Tuesday somewhere. They are olive coloured Burberry and look a bit like this.



If you have picked them up by mistake, could you kindly pass them onto the office ladies.

Thank you

FAMILY NEWS

Christmas is a time of great joy for most of us. However, it can also be a very difficult time if we no longer have our loved ones with us.

This is a lovely article about being considerate of those who are suffering grief and loss of a parent or loved one at Christmas:

<https://www.goodgrief.org.au/sites/default/files/Grief%20and%20Loss%20at%20Christmas.pdf>

THE AMAZING RACE – ST JOHN'S STYLE!

Yesterday was a great day for Year 6. We got to use our creative talents and dress up for a super cool amazing race. We had lots of fun in our groups working well together with co-operation, teamwork and determination to do our best. By the end we were absolutely soaked and sore but it was worth it, it was a fantastic way to spend our last days together. Thank you to Mrs Liussi for making this happen for us.



LIBRARY NEWS

Outstanding books: Thank you to all those who have returned their books. We now have about 100 books still outstanding, which has a value of over \$1000. Notes have been given to those children who still have books out asking them to either return the books or pay for replacement. Please have a good search at home for any books belonging to the school.

If you think that the book may have been returned please come and see me in the library and we will look on the shelves for the book.

Kylie Sheehan



CANTEEN

Canteen will be CLOSED tomorrow - Friday 16th December

<p>W10 Term 4 12 Dec</p> <p>F Costa O Marcellino</p>	<p>W10 Term 4 13 Dec</p> <p>S Olsen J Castorina</p>	<p>W10 Term 4 14 Dec</p> <p>M Di Palma A Lalic</p>	<p>W10 Term 4 15 Dec</p> <p>CANTEEN CLOSED</p>	<p>W10 Term 4 16 Dec</p> <p>CLOSED FOR CLEANING</p>	<p>CANTEEN CLOSED THURSDAYS</p> <p>If anyone would like to join our group of canteen volunteers, click here or email Cendrine on cendrine01@optusnet.com.au</p> <p>Canteen Coordinator: Cendrine Lambert 0435 030 903</p>
<p>W1 Term 1 30 Jan</p> <p>ASSESSMENT DAY</p>	<p>W1 Term 1 31 Jan</p> <p>F Costa C Lambert</p>	<p>W1 Term 1 1 Feb</p> <p>S Forrester K Thompson</p>	<p>W1 Term 1 2 Feb</p> <p>CANTEEN CLOSED</p>	<p>W1 Term 1 3 Feb</p> <p>A Papanicolau A Amoroso</p>	

Kinder Welcome Picnic

Dear Kindergarten families,

You are invited to a picnic on the school grounds on 29th January, 2017 from 11am to 1pm. A Sausage Sizzle will be provided. Pack a picnic rug, drinks and nibbles and come along to get know other St John's families.

Please RSVP to sjan@dbb.catholic.edu.au by Wednesday 25th January. Put your family name and the number of sausage sandwiches you would like to have in the subject line:

eg: **Brown Family – 4 sausage sandwiches**

Looking forward to meeting you.

St John's P&F



Kinder Welcome Picnic

Shout out for help!

There will be a Welcome Picnic for the new Kindies on the school grounds on Sunday 29th January, 2017. If you can spare an hour to two between 9:30am & 2pm to lend a hand, it would be greatly appreciated – we'll even give you lunch!



Please RSVP to sjan@dbb.catholic.edu.au by Wednesday 25th January. Put *Sausage Sizzle - family name – we can help* in the subject line:

eg: ***Sausage Sizzle - Brown Family can help***

Please include the following information in the body of the email:

Name: _____

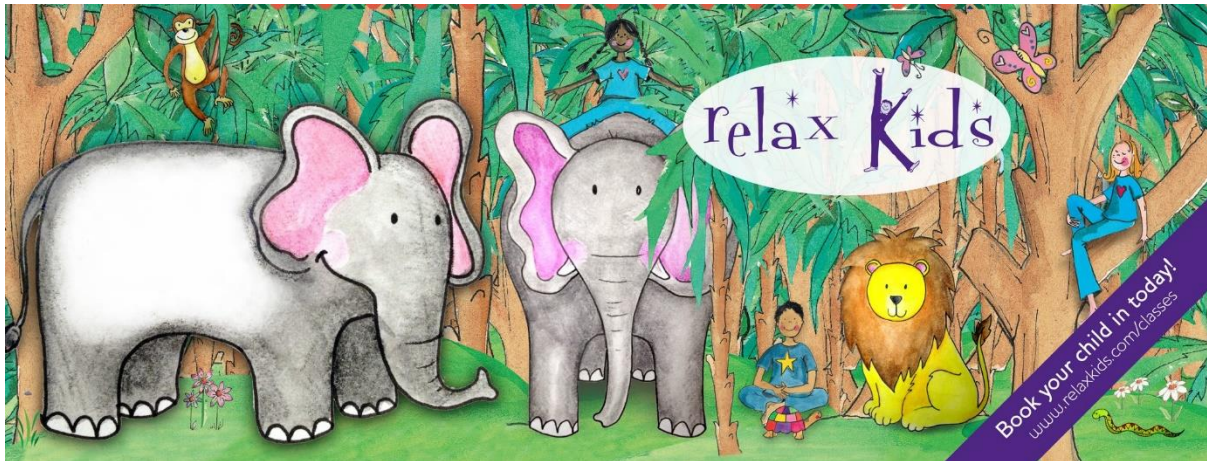
Contact Number: _____

- I can help with:
- Set Up (from 9:30am)
 - Cooking (from 10am)
 - Serving (from 11am)
 - Pack Up (from 1:30pm)

Number of sausages for my family: _____

With thanks

St John's P&F



Would you love your child to have better concentration, listening skills, attention span, confidence and self-esteem? Would you like your child to be more mindful and happy?

**School Holiday Workshops are running
9 January – 13 January 2017 and 16 - 20 January 2017**

Term Classes Start Week 2 of Term 1, 2017

Our classes give children the chance to make new friends, build confidence and self-esteem as well as learn tools that will set them up for life.

Your child will learn skills that they can use every day:

- how to relax and improve their sleep
- how to self sooth
- how to increase their brain power
- how to develop their self-confidence
- how to manage their moods or emotions
- how to manage stress and anxiety

Relax Kids classes run for 60 mins and are different from any others as they use a unique combination of mindful games, storytelling with exercises, stretching, breathing as well as positive affirmations, visualisations, mindfulness and relaxations. The program allows children to have fun but also learn vital skills that will help them for years to come.

Relax Kids classes include the following activities:

- DYNAMIC warm-ups and exercises
- EXCITING games
- RELAXING stretches
- CALMING breathing exercises
- SOOTHING peer massage

- POSITIVE affirmations
- CREATIVE visualisations, mindfulness and meditations

Supports physical health:

- Develops body awareness, flexibility and relaxes muscles.
- Decreases physical tension, releases endorphins and calms the nervous system.
- Boosts energy levels and circulation and immune system
- Improves sleep

Supports mental health:

- Stills, calms and clears the minds
- Sharpens concentration and focus
- Improves memory retention
- Reduces stress and tension
- Increases positive thinking
- Stimulates imagination and creativity

Supports emotional well-being:

- Develops self-confidence
- Promotes positivity and self-esteem
- Increases emotional literacy
- Builds emotional resilience
- Provides tools to cope with stress and anxiety
- Increases happiness and optimism

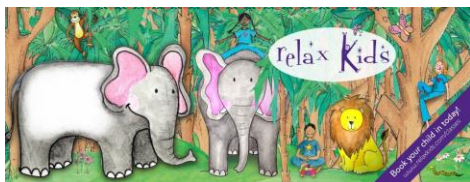
7 Steps of Relaxation		relax Kids www.relaxkids.com
MOVE	Warm up exercise for energy & fun	
PLAY	Activity games for vitality, creativity & joy	
STRETCH	Stretching for balance, inner strength & power	
FEEL	Peer/Self massage for self awareness, empathy and respect	
BREATHE	Breathing exercises for improved health, anxiety & inner calm	
BELIEVE	Affirmations for self esteem, confidence & positivity	
RELAX	Visualisations for deep relaxation, imagination & peace	

Relax Kids uses relaxation techniques to help children recognise their strengths and manage their emotional journey through life. The relaxation techniques provide a toolbox of skills which can be transferred into later life. If children can learn to be calm under pressure at a young age, then they stand in good stead for their adult life.

To book your child into a Relax Kids Class now, please complete the attached enrolment form or contact:

*Elizabeth Byrne
0413786588
Ebyrne5@yahoo.com*





ENROLLMENT FORM – School Holiday Workshop, 2017

Parent/Guardian Name:

Contact Number:

Email Address:

Emergency Contacts: 1)

2)

Childs Name:

Childs Age:

Childs Class Year:

Does your child have any known emotional or behavioural problems? If Yes, please state in brief and discuss this with your Relax Kids Teacher prior to first class.

Yes

No

Does your child have any medical conditions that the teacher needs to be aware about? (eg. Asthma, Epilepsy) Please ensure your child brings relevant medication to class)

Yes

No

Does your child carry an epi pen? If Yes, please advise allergies.

Yes

No

Is your child taking any medication? If Yes, please state what medication.

Yes

No

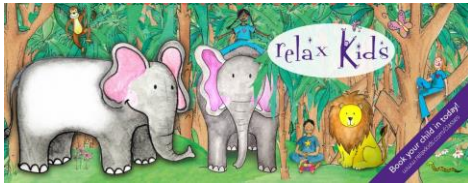
Relax Kids classes include movement, stretches, visualisation, breathing exercises and children massaging each other. Do you consent to your child being involved?

Yes

No

Any other Comments or Questions?





Spaces are limited, please indicate which session you would prefer for your child.

Preferred Week -

Week of 9 January

Week of 16 January

Preferred Session -

Morning Session – 9am – 12pm

Afternoon Session – 1pm – 4pm

LIABILITY DISCLAIMER AND NOTICE

I, individually and as a parent and/or guardian of the child identified above hereby agree to the following:

Parent's responsibilities: Relax Kids takes all reasonable care to ensure that its programmes are fun and safe. However, I understand that my child will be engaging in a moderate amount of physical activity that may involve some risk of injury. I acknowledge I have been advised to consult with my child's physician with respect to any past or present injury, illness, health problem or any other condition or medication that may affect my child's participation in the Relax Kids programme. In the event of emergency and in my absence agree to the Relax Kids Teacher contacting Emergency Services. Please note we charge \$5.00 per 15 minutes if you are late picking up your child.

I confirm that I have fully disclosed to Relax Kids and/or the Teacher any and all conditions (whether such conditions are physical, mental, behavioural or otherwise) that my child has or may have before my child participates in the class.

As far as is permitted under Australian Law, I assume the above risks and accept responsibility for any injury sustained by my child. I further discharge and hold harmless, Relax Kids (including its owners, officers and personnel, including its teachers and suppliers) from any liability: arising from any injury to my child or other persons or property caused by my child's participation in the Relax Kids programme if that injury is caused either by my child's fault; or by a third party unconnected with Relax Kids provision of services; or by events with Relax Kids its owners, officers and personnel, including its teachers and suppliers could not have foreseen or prevented even if they had taken reasonable care.

Refund Classes: Prorated refunds will be given if cancellation is made in writing before the second attended class of the series. I understand and agree that I will not receive any refund or credit for missed classes, but if cancellation of a class is due to failure on the part of Relax Kids I will be entitled to a reasonable refund for that class. After 2 classes it may be apparent to the Relax Kids teacher that classes are not appropriate for a child at this stage. In this instance we will request that the child be removed from the class and the balance will be refunded.

Parent/Guardians signature:

Date:

Workshop classes are \$75.00 per day to be paid upfront

One Week - \$375.00

Payment can be made by Direct Deposit

Account Number: 487 673 901 BSB: 112-879 Account Name: Elizabeth Byrne
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Please use your child's name as the reference and ensure payment is made by 23 December 2016 to secure your child's place.

