



# 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

Issue No 1– 4<sup>th</sup> February 2016

## PRINCIPAL NEWS

Dear Parents,

Welcome to St John's as we begin 2017. A very special welcome to all new families, staff and children.

The children were greeted with sweltering temperatures during the first day of the new school year. The relief provided from our new air conditioners was very welcome - thanks to the fundraising efforts of our Parents and Friends from 2015 and 2016. We were grateful that temperatures fell in time for our new Kinders who arrived on Wednesday morning.

As we begin a new year, the emphasis is on making positive connections with each other. Taking the time to build these connections will help us establish and maintain a positive learning environment in which our children can thrive. You can assist with this by attending parent teacher meetings. The meetings offer another important opportunity for connection; providing teachers and parents a chance to get to know each other and to understand each parent's perspective of their child. You will have already received a '**Getting to Know You**' form to complete and return to school prior to interview. The form is a very helpful reference point for our teachers.

Kindergarten parents are asked to attend an Information Evening instead of parent teacher interviews - this is scheduled for Wednesday evening **February 15<sup>th</sup>**.

During 2017 we will be working with you and the children to achieve the following School Improvement (SIP) goals and I will report on progress at our P&F meetings during 2017:

1. Create and monitor discipleship goals for each child;
2. Use goal setting, monitoring and reflection about learning goals to strive for learning growth for each student;
3. Strengthen each child's capacity for resilience and enhance their sense of wellbeing.

You can engage with our work on these goals by staying in touch with the school newsletter; regularly checking in on our St John's Weebly page and by making a genuine effort to know what is happening at school. We are changing the organisation of our weebly's. Shortly you will be able to go to one weebly, access your child's class or link to other school information easily. The weebly will contain information for both students (learning related) and for parents. It will be ready to use on the Friday prior to parent / teacher interviews.

We will also be revising the way we collect information from you. We will be moving to the use of online forms (Google Forms). There has already been a positive response to our use of online forms which collects information about the upcoming Year 3 and 4 Mass. You have already received a link to an online form in your email box this week about our swimming carnival (February 16th). We'd welcome any feedback you have about this approach.

The staff and I look forward to working in partnership with you during 2017.

Kind regards

**Mark Bateman** - Principal

### Library Changes:

The school library is about to undergo a change to its layout. We will be moving the shelves around the walls to create more floor space and replacing the current furniture with more modern, reconfigurable furniture - much of it height adjustable and movable. We want to have a more flexible learning environment for our children. Can you help us?

We would love some assistance tomorrow if you have some time. We have to:

- Remove all the books from the shelves
- Stack them in defined groups in boxes so they can be easily put back on the new shelves.
- Stack away existing furniture so that the installers can do their work

**Helpers are welcome from 9 am and we will be working through until 1 pm - longer if we're not done. Come for an hour or longer.**

The changes should be complete by Friday of Week 2.

### School Fees:

School accounts were sent out from the Catholic Schools Office last week. Thank you to all families who have made payments as this helps us tremendously, especially at this time of year.

A reminder that families experiencing financial hardship are encouraged to speak with Mr Bateman. Genuine financial hardship should not prevent any child from receiving a Catholic education.

## DIARY

Week 2 Term 1 Mon 6 Feb	Week 2 Term 1 Tues 7 Feb	Week 2 Term 1 Wed 8 Feb	Week 2 Term 1 Thurs 9 Feb	Week 2 Term 1 Fri 10 Feb	Week 2 Term 1 Sat/Sun 11/12
Parent Info session 9.30-10.30			Reconciliation Parent Info night 7-8pm	Parent Info Session 9.30-10.30 Welcome Liturgy 2pm (No Award Assembly)	Family Mass (Yr 3 and 4 hosting)
Week 3 Term 1 Mon 13 Feb	Week 3 Term 1 Tues 14 Feb	Week 3 Term 1 Wed 15 Feb	Week 3 Term 1 Thurs 16 Feb	Week 3 Term 1 Fri 17 Feb	Week 3 Term 1 Sat/Sun 18/19
		Kindy Parent Info night			

## SPIRITUAL NEWS

### FEAST OF ST BRIGID – 1<sup>ST</sup> FEBRUARY

---

On Wednesday, each class remembered the feast of St Brigid. It's actually an Irish feast day but she's important to St John's as we are a Brigidine school. Back in 1962, the Brigidine nuns founded our school, bringing with them the Brigidine motto of "Strength and Gentleness".

Brigid's calling to care for the poor, show compassion to the marginalised and to educate people are alive and well here at St John's nearly 1600 years after her death.



### SACRAMENTAL DATES FOR 2017

---

#### Reconciliation

The Parent Information Evening for Reconciliation will take place **next Thursday 9<sup>th</sup> February** at 7pm in St John's Church. Reconciliation is open to all children in Year 3 and above who have received the sacrament of Confirmation.

Reconciliation will take place at sessions from 14<sup>th</sup> to 17<sup>th</sup> March.

#### Confirmation

The Parent Information Evening for Confirmation will be held on Thursday 23<sup>rd</sup> March. Confirmation is open to all children in Year 2 or above who have been Baptised.

Confirmation will be held on Saturday 13 May.

#### First Eucharist (First Communion)

The Parent Information Evening for First Eucharist will be held on Thursday 27<sup>th</sup> July. First Eucharist is open to all children in Year 3 and above who have made their Reconciliation and been Confirmed.

First Eucharist will be held on the weekends of 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> September.

### SCHOOL PARISH MASS – SATURDAY 11<sup>TH</sup> FEBRUARY

---

Our Year 3 and Year 4 students will be hosting Mass on Saturday 11<sup>th</sup> February at 5pm. Everyone is welcome to join us for this celebration of our faith. There will be a sausage sizzle after Mass. If you are going to join us and you do not have a child in Year 3 or Year 4 – just go to <https://goo.gl/forms/LvyrGwMSDhiCDp8I2> and let us know how many sausage sandwiches your family would like.

## TEACHING & LEARNING NEWS

### MAI AND BEST START ASSESSMENT INTERVIEWS

---

Thank you to all of our families for bringing your children in for our beginning of the year assessments this week. The children coming into Kindergarten complete a Best Start interview to give us information on their literacy and numeracy skills. The MAI (Maths Assessment Interview) is a useful tool for us to track how well each child has progressed each year in the domains of counting, place value, addition and subtraction and multiplication and division. It also helps us to see how things are going for each grade as well as the whole school in general. This information guides us not only in our day-to-day teaching of maths in the classroom, but also to guide our professional learning opportunities and goal setting for the school. Interviews will continue for the remainder of our students in the coming weeks.

## NEW WEEBLY FOR ST JOHN'S – A ONE STOP SHOP!

As you are no doubt aware, each of our grades uses a weebly webpage as a way of sharing the students' learning, supporting students in their learning and homework and communicating with parents. We are in the process of developing a new weebly site – <http://stjohnsnarraweena.com> (bookmark it now!). From here there is a home page with reminders and important dates for the week ahead as well as some general links. You can also then access each grade's home page across the top of the page. This site is being developed and more will be added in the coming weeks.

## LIBRARY NEWS

The table below shows the days for each class to attend library lessons. Please ensure your child has their library bag for their lesson.

KINDER	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5/6
Tuesdays	1JB – Wednesdays 1G - Thursdays	2C – Tuesdays 2G – Wednesdays 2N – Thursdays	3NG – Tuesdays 3D – Thursdays	4B – Thursdays 4R – Wednesdays 4SC – Wednesdays	Wednesdays

This week in Library Years 3 -6 learnt to use the library computer system Destiny. They borrowed their own books using the barcode scanner. This will allow myself as library teacher much more time to help students select appropriate books.



Years 1 and 2 selected books to read both in their classroom and to take home to read. They revisited all the names of the sections for the library by using descriptive clues such as, at the Circulation Desk, in the Fiction section or near the Returns Box while hunting for Pokemon.



All students borrowed this week in library however to ensure that our books stay in good condition we ask that all students bring in a library bag to protect the books.

## SPORTS DAYS FOR TERM 1 2017

KINDER	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5/6
Mondays and Thursdays	Thursdays and Fridays	2C – Thursdays 2G – Thursdays 2N – Wednesdays  All Yr 2 - Mondays	3NG – Wednesdays 3D – Thursdays  All Yr 3 - Fridays	4B – Wednesdays 4R – Thursdays 4SC – Wednesdays  All Yr 4 - Fridays	Wednesdays and Fridays

## Term Dates 2017

**Term 1** 30<sup>th</sup> January – 7<sup>th</sup> April

**Term 2** 24<sup>th</sup> April – Friday 30<sup>th</sup> June

**Term 3** 17<sup>th</sup> July – Friday 22 September

**Term 4** 9<sup>th</sup> October – 19<sup>th</sup> December

## Staff Development Days 2017

**Monday 24<sup>th</sup> April**

**Friday 28<sup>th</sup> April**

**Monday 18<sup>th</sup> December**

**Tuesday 19<sup>th</sup> December** (Students' last day is Friday 15<sup>th</sup> December)

**NEW CLASS PARENTS NEEDED FOR 2017**

Our class parents are an important role for our school and our children. Having a strong school community and support network assists our children to thrive at St Johns.

If you would like get to know people, contribute to the school and your child’s development we need volunteers for 2017. To become a class parent (two class parents for each class) or if you would like to enquire about the role, please contact Genevieve Ferris (Class Parent Co-ordinator) via email [gen.ferris@gmail.com](mailto:gen.ferris@gmail.com) or mobile 0408 684 635 or the school office. Thanks.

CLASS	TEACHER	CLASS PARENT	CLASS PARENT
KB KJ	Miss Blake Miss Kingsley- Jones	<b>KINDY CLASSES TO BE DECIDED SHORTLY</b> Sonia Samartin & Mary-Anne Bell	
IG	Miss Gorman		
1JB	Mrs Jones and Mrs Blyton	Karen Blyth	
2C	Ms Cahill		
2G	Mrs Gualtieri	Joanne Stapley	
2N	Mrs Navarro		
3D	Miss Dunk		
3NG	Mrs Nelson-Smith and Mrs Gillett		
4B	Mrs Booth		
4R	Ms Rath		
4SC	Mrs Stachersky and Mrs Coram		
5/6DF	Mrs Douglas and Mrs Fountain	Koto Thompson	
5/6L	Mrs Lewis	Belinda Bedford	
5/6O	Mrs O'Connell		
5/6BF	Mrs Browett and Mrs Fossano		

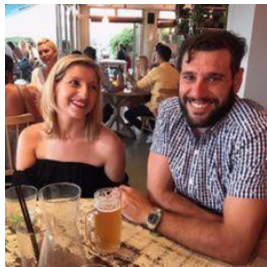
SCHOOL BUS

- **Students will now require an Opal card which you can apply for online via**  
<http://www.transportnsw.info/school-students>
- **School Bus route**  
<http://www.sydneybuses.info/news/new-bus-route-numbers-for-school-special-bus-services-in-2016>

PROCEDURE FOR PICKING UP AND DROPPING OFF CHILDREN ON WARATAH PARADE

A reminder that each family must register to use Walkers, in order to receive a laminated family name card. Drivers will place one of these name cards in the windscreen on the passenger side to allow the teachers to see which children need to be ready to get into cars.

The procedure for Walkers is attached to the newsletter.



Mrs Kaufmann is a much loved member of the St John's teaching community. She will be back in our school before you know it. She is working hard to raise money for *Chris O'Brien Lighthouse* for research into her cancer. You can support her by donating via <https://startyourown.everydayhero.com/au/anna>

CANTEEN

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

W3 Term 1 Mon 6 FEB	W3 Term 1 Tues 7 FEB	W3 Term 1 Wed 8 FEB	W3 Term 1 Thurs 9 FEB	W3 Term 1 Fri 10 FEB	<b>CANTEEN CLOSED THURSDAYS</b>  We require 2 volunteers each day to operate the canteen.  If anyone would like to join our group of canteen volunteers, click <a href="#">here</a> or email <a href="mailto:cendrine@heartfelthampers.com.au">cendrine@heartfelthampers.com.au</a>  <b>Canteen Coordinator:</b> Cendrine Lambert(0435030903)
<b>NEED HELP</b>  J Woolford	S Olsen  J Castorina	C Turner  N Spencer	<b>CLOSED</b>  <b>CLOSED</b>	L Miners  M Southan  K Burke	
W4 Term 1 Mon 13 FEB	W4 Term 1 Tues 14 FEB	W4 Term 1 Wed 15 FEB	W4 Term 1 Thurs 16 FEB	W4 Term 1 Fri 17 FEB	
D Galuge  J Laird	<b>CLOSED</b>  <b>CLOSED</b>	<b>NEED HELP</b>	<b>CLOSED</b>  <b>CLOSED</b>	K Blyth  L Lapa	

P&F NEWS

CASSEROLE CLUB

We have a wonderful casserole club at St John's that provides meals to families at our school who are going through a difficult time. If you have ever received a meal when you just didn't know how you were going to put food on the table one night, you will appreciate what a great gift this can be.

If you have time, please cook up a meal to donate to the casserole club so that we have some meals on stock for when a family needs them. This can be anything that you think a family would enjoy and can be frozen and easily de-frosted (see the school cookbook *Share* for some inspiration!) Containers for freezing can be picked up from the school office.

**To those people who have donated meals in the past, your thoughtfulness and kindness has been very much appreciated by recipients of your meals, thank you so much.**



There is an interesting link for parents who wish to read more about Parent Engagement:

[http://www.education.act.gov.au/teaching\\_and\\_learning/parental-engagement/progressing-parental-engagement](http://www.education.act.gov.au/teaching_and_learning/parental-engagement/progressing-parental-engagement)

Here is a quote from this page:

- Parental engagement recognises that both parents and teachers play an important role in children's learning, development and well-being - and that **children generally do better** when there are connections between the different spaces they learn in.
- Parental engagement in children's learning is: family-led learning focused on high aspirations for children, shared reading, a positive environment for homework, parent-child conversation, a stimulating home environment and support for social and emotional well-being; and
- Family-school partnerships that encourage positive parent-teacher relationships, communication about children's progress, and engagement in the school community, while equipping parents to effectively support and encourage their children's learning and well-being.
- Parental engagement is most effective when it is focused on developing positive attitudes towards learning and education for children, building their motivation and confidence as learners and fostering their enjoyment of learning.

Each week for the next 6 weeks, we will provide you with a parent engagement goal for you to try and achieve at home. The first one is attached **"Make reading a family affair"**.

SCHOLASTIC NEWS

---

Orders for Scholastic Book Club have closed for 2016. Thank you to everyone who purchased a book this year. With the available credits received for every order placed, the school has purchased over \$1000 of books and equipment for the Library and the classrooms.

Orders are ready for the parents who requested to collect them at the office.

**Scholastic Book Club 2017**

**Password:** jacob1

**Customer number:** 12662801

**Class break down 2017**

Class	Teacher	Total
KB	Ashley Blake	23
KJ	Nicola Kingsley-Jones	22
1G	Lara Gorman	22
1JB	Tori Jones Kirsten Blyton	22
2C	Sam Cahill	23
2G	Cathy Gualtieri	24
2N	Rosario Navarro	22

3D	Christine Dunk	27
3NG	Margaret Nelson-Smith Jade Gillett	26
4B	Inga Booth	22
4R	Liz Rath	23
4SC	Diana Stachersky Lisa Coram	23
5/6DF	Pauline Douglas Sharon Fountain	29
5/6L	Chantelle Lewis	29
5/6O	Brigitte O'Connell	28
4/5/6 SL	Jade Browett	15
Library	Kylie Cardow	20
Extra TE	Natalie Ingram Eirene Vidler	



# Make reading a family affair

It's never too early or too late to start reading with your child.



Ask your child's teacher for advice to support your child's enjoyment and skill development in reading.

Read and talk about books and stories with your child. Ask about their favourite characters or what they think might happen next.

By creating a positive reading environment you will encourage your child to love reading.

Praise your child for their effort and persistence when they are reading.



# Waratah Parade Procedures



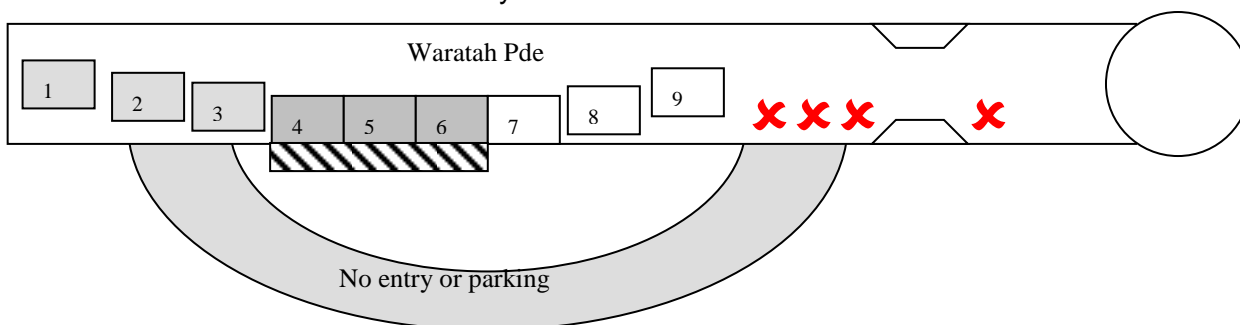
Please follow the instructions below for **dropping off** and **picking up** children in Waratah Parade. It is imperative for the safety of all children that all parents and carers use the correct procedures. If you have others (eg. grandparents) using this entrance it is your responsibility to train them to use this area safely.

- The zone runs between the two driveways of the church in Waratah Parade. It is a small area and holds only 6 cars at a time.
- Do not PARK in this zone – morning or afternoon. It is a 5 minute zone for loading and unloading passengers. If you wish to walk into the school please **DO NOT** park here!

**In the morning** - pull into the zone, let your children out and drive off. You should not need to get out of your car. **DO NOT** drive into the church driveway or park in the church grounds.

**In the afternoon** – children are escorted to “walkers” by 3:10pm.

- If the zone is full – you need to drive around the block or park somewhere else. **DO NOT** line up over the church driveway or pedestrian crossing! This is illegal and you may be fined.
- When the children arrive at Waratah Parade, they will sit down while teachers organise them to be loaded into the waiting cars.
- Children will only be allowed to get into the **first three cars** in the line up. Once these cars are loaded and leave the pick up area, the line of cars will move forward and the next three will be loaded. The three cars being loaded must move away in that order (eg. in the picture below, car 6 can not pull away before cars 4 or 5).
- Under no circumstances should you block Waratah Parade.



- Each family must register to use Walkers and receive a laminated family name card. Drivers will place one of these name cards in the windscreen on the passenger side to allow the teachers to see which children need to be ready to get into cars.

---

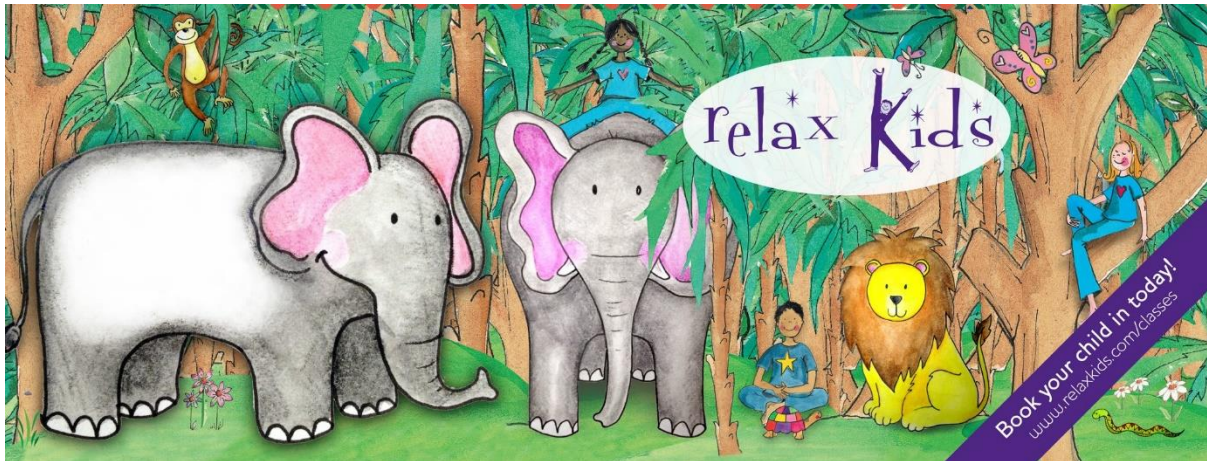
## Registration for St John's Afternoon Walkers

- I have read the revised procedures for the afternoon Walkers system and will abide by them.
- I have advised all caregivers for my children of these procedures:

Surname: \_\_\_\_\_ Eldest Child's Class: \_\_\_\_\_ Signs Required: # \_\_\_\_\_

These name tags will be placed in the windscreen (passenger side) to assist with the efficient loading of children.

Signed: \_\_\_\_\_



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?

## Classes Start Week 2 of Term 1

**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

<b>MOVE</b>	Warm up exercise for energy & fun
<b>PLAY</b>	Activity games for vitality, creativity & joy
<b>STRETCH</b>	Stretching for balance, inner strength & power
<b>FEEL</b>	Peer/Self massage for self awareness, empathy and respect
<b>BREATHE</b>	Breathing exercises for improved health, anxiety & inner calm
<b>BELIEVE</b>	Affirmations for self esteem, confidence & positivity
<b>RELAX</b>	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 contact:*

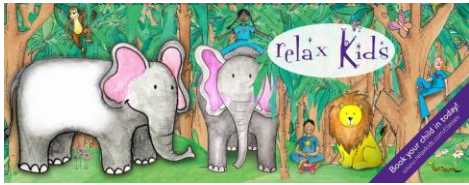
*Elizabeth Byrne*

*0413786588*

*Ebyrne5@yahoo.com*

---





## ENROLLMENT FORM – Term 1, 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

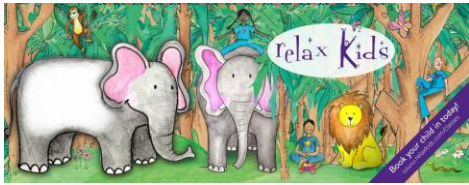
Relax Kids classes include movement, stretches, visualisation, breathing exercises and children massaging each other. Do you consent to your child being involved?

Yes

No

Any other Comments or Questions?





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

**Monday Lunch**

**Tuesday Lunch**

**Thursday Afternoon**

**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:**

**Classes will be run in the school hall at St Johns the Apostle Narraweena from Week 2 of Term 1.  
Lunch classes run from 1.15 until 2.10 and afternoon classes from 3.10pm until 4.15pm.**

Classes are \$15.50 per class to be paid upfront by term.

**Term 1 is 9 classes - \$139.50**

Payment can be made by Direct Deposit

Account Number: 150 550 631 BSB: 112-879 Account Name: Elizabeth Byrne
--

**Please use your child's name as the reference and ensure payment is made 1 week prior to the first class.**

