



# ST JOHN'S NEWS

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## PRINCIPAL NEWS

Dear Parents,

We celebrate Ash Wednesday next week. Years 3-6 will attend mass with the Parish at 9:15 am and our K-2 children will take part in a special liturgy following mass. Please see Miss Dunk's section in the newsletter for more details about these events.

Ash Wednesday represents this is the first day of the Lenten season. Lent is a time of reflection, preparation and renewal. At the heart of the season is strengthening our relationship with God through prayer, self-denial and action for others. Parents can encourage their children to be involved throughout the season of Lent by having a family prayer before meals or encouraging prayer before sleep; encouraging kind and helpful actions around the house or by being involved in contributing to Project Compassion - an annual appeal through Caritas Australia to support those in need. We will be encouraging prayer and support of Project Compassion at school during Lent.

Our Year Three children have a special opportunity to have a focused Lenten experience as they prepare to receive the sacrament of Reconciliation later in March. Please keep them in your prayers as they establish a closer relationship with their community and with Jesus.

In other news, our Student Representative Councillors were commissioned on Monday morning. We have a student representative from each class who will take on the role for two terms. The children meet with me every three weeks to share ideas about how to make our school great; to talk about any student issues that have arisen and to celebrate the good things that we are achieving together. The SRC is a way in which children can have a say in the life and daily running of our school. Congratulations to all our new reps.

You will receive information about our Cross Country run shortly. This will be a combined school cross country / fun run with a fundraising component. We have set a goal to make additions to our play equipment this year and are looking to raise \$15 000 through our P&F fundraisers which include our cross country run and a major social event in Term Three.

Best wishes for the week ahead,

**Mark Bateman** - Principal

## DIARY

| Week 5 Term 1<br>Mon 27 Feb           | Week 5 Term 1<br>Tues 28 Feb  | Week 5 Term 1<br>Wed 1 March                                 | Week 5 Term 1<br>Thurs 2 March | Week 5 Term 1<br>Fri 3 March       | Week 5 Term1<br>Sat/Sun 4/5                               |
|---------------------------------------|---|--|--------------------------------|------------------------------------|---|
| <b>Soccer Clinic –<br/>Yr 1, 2, 3</b> | <i>School Advisory<br/>Council Meeting<br/>6.30-9pm</i>                           | <b>Ash Wednesday<br/>9.15 Mass 3-6<br/>11.15 Liturgy K-2</b> |                                | <b>Soccer Clinic<br/>Yr 4, 5/6</b> |   |
| Week 6 Term 1<br>Mon 6 March          | Week 6 Term 1<br>Tues 7 March   | Week 6 Term 1<br>Wed 8 March                                 | Week 6 Term 1<br>Thurs 9 March | Week 6 Term 1<br>Fri 10 March      | Week 6 Term1<br>Sat/Sun 11/12                             |
| <b>Soccer Clinic –<br/>Yr 1, 2, 3</b> | <i>Broken Bay<br/>Swimming Carnival<br/><br/>P&amp;F Meeting 6.30-<br/>8.30pm</i> |  |                                | <b>Soccer Clinic<br/>Yr 4, 5/6</b> | <b>Parish School<br/>Mass 5pm<br/><br/>Bush<br/>Dance</b> |

### IMPORTANT DATES FOR THE DIARY

**Mon 24<sup>th</sup> April (Staff Development Day)**

**Fri 28<sup>th</sup> April (Staff development Day)**

- ❖ **SAT 11<sup>th</sup> March – K, 1, 5&6 Parish School Mass (5-6pm)**
- ❖ **SAT 11<sup>th</sup> March – Bush Dance**
- ❖ **TUES 21<sup>st</sup> March – KINDY 2017 OPEN DAY 9.15am/Parent Info Evening 6:30pm**
- ❖ **Mon 3<sup>rd</sup> April – 123 Parenting Course (6.30pm Library)**
- ❖ **Mon 3<sup>rd</sup> April – Holy Week Liturgies commence**
- ❖ **Wed 5<sup>th</sup> April – St John's Cross Country and Fundraiser (please note changed date)**
- ❖ **Fri 7<sup>th</sup> April – Last Day Term 1**
- ❖ **Fri 14<sup>th</sup> April – GOOD FRIDAY**
- ❖ **Sun 17<sup>th</sup> April – EASTER SUNDAY**

## SPIRITUAL NEWS

### Lent begins next Wednesday – 1st March

The liturgical year is designed to express and celebrate the different aspects of our lives. There are times of great celebration and joy, times when we celebrate the ordinary things of our lives and times of preparation forgiveness and healing.

#### What is Lent?

Lent is a season of preparation for the great feast of Easter, a time during which we focus on how we can best be disciples of Jesus. Lent presents us with its challenge to take stock of our lives, to see more clearly what is in our hearts, and to discover what might be calling us out of our comfort zones. It is a time for personal as well as group reflection, a time for entering into 'the wilderness' and grappling with the mysteries of life, through which we prepare for Easter when we renew our baptismal vows and celebrate the greatest mysteries of our faith. Lent encourages us to find the sacred in the ordinary as we look at our everyday relationships with God, with others and with creation.

#### Why "Ash" Wednesday?

On Ash Wednesday Catholics all over the world come to church to receive ashes on their foreheads. The name of the first day of Lent, Ash Wednesday, comes from the old custom of blessing ashes and



marking the foreheads of the people with ashes on this day. The practice was adopted by early Christians from their Jewish heritage where ashes had been used as an expression of sorrow and humiliation. It was introduced into the liturgy and became a formal part of the Roman practice in the eleventh and twelfth centuries.

Today, the ashes are prepared by burning palms from the preceding Palm Sunday. It has become a public sign of communal faith through which Catholics express our connection in the Cross of Jesus, our connection with creation, our connections with those who are suffering and dying, and our place in the living, dying and rising of Jesus.

We will be marking Ash Wednesday in two ways:

- Years 3 – 6 will attend Mass with the Parish at 9:15.
- Kindergarten, Year 1 and Year 2 will have a special liturgy in the hall at 11:15.

Parents are warmly invited to join us as we begin our Lenten journey.



## PROJECT COMPASSION

During Lent we are called to participate in **prayer**, **fasting** and **almsgiving**.

We undertake Almsgiving through our support of Project Compassion. Each family will bring home a Project Compassion box next week as a way for us to reach out to our “neighbours”. Many families like to work on a “fasting” idea together eg. We will give up dessert during Lent, we will give up renting movies in Lent (we don’t have to “give up” food), we will give up ice creams and coffee after soccer, etc. and put the money into Project Compassion. It is often the idea that we give up a luxury so that someone else can have the basic necessities.



## TEACHING AND LEARNING

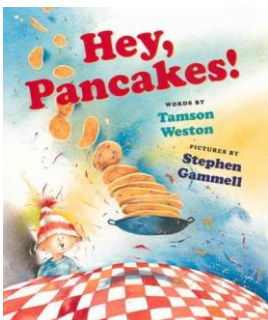
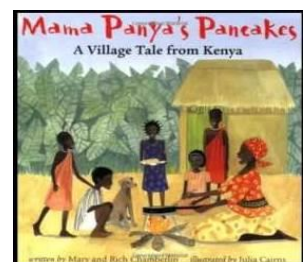
### ICAS 2017

If you would like your child to participate in the optional ICAS tests this year, please see attached information and order form on this week’s newsletter. Please return to office by Friday 10<sup>th</sup> March.

### LIBRARY NEWS

This week and on Tuesdays next week classes will be reading books on pancakes in preparation for Shrove Tuesday it is also known as “Pancake Tuesday”, “Fat Tuesday” or “Mardi Gras”.

The senior students have also been learning about the Dewey Decimal system and how it works on Destiny (our library program) and on the shelves in the library. This is the link to song we have been using to help us remember the categories <https://www.youtube.com/watch?v=NHiUQb5xg7A>



CALL OUT FOR NEW CLASS PARENTS FOR 2017

Dear parents of St Johns, there are still class parent positions to be filled for this year. They are as follows: **Kindy (2 more class parents), 4SC (2 class parents), 4R (1 class parent) and 5/6L (1 class parent)**, see below list.

If you would like to be involved with the school and have the time to help out as a class parent, 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.

Class parents are an integral part of our school community. They form a vital support network for teachers and students which in turn, assists our children to thrive and develop at St John's.

| CLASS | TEACHER                          | CLASS PARENT                                       | CLASS PARENT             |
|-------|----------------------------------|--|--------------------------|
| KB    | Miss Blake                       | Mary-Anne Bell                                     |                          |
| KJ    | Miss Kingsley- Jones             | Sophie Klijn                                       |                          |
| IG    | Miss Gorman                      | Caroline Miller                                    | Anna Amoroso             |
| 1JB   | Mrs Jones and Mrs Blyton         | Karen Blyth  | Wendy Jones              |
| 2C    | Ms Cahill                        | Sonia Samartin                                     | Sarah Forrester          |
| 2G    | Mrs Gualtieri                    | Joanne Stapley                                     | Tammy Dorton             |
| 2N    | Mrs Navarro                      | Sarah Formosa                                      | Bel Haroutonian          |
| 3D    | Miss Dunk                        | Amelia Chandler                                    | Natasha Pardoen          |
| 3NG   | Mrs Nelson-Smith and Mrs Gillett | Blazenka Harvey, Deborah Meighan,<br>Nicole Grilla |                          |
| 4B    | Mrs Booth                        | Cass Turner  | Kerry MacBeth            |
| 4R    | Ms Rath                          | Lisa Rourke  |                          |
| 4SC   | Mrs Stachersky and Mrs Coram     |  |                          |
| 5/6DF | Mrs Douglas and Mrs Fountain     | Kris Moss (Yr 5)                                   | Koto Thompson (Yr 6)     |
| 5/6L  | Mrs Lewis                        | Belinda Bedford (Yr 6)                             |                          |
| 5/6O  | Mrs O'Connell                    | Genevieve Ferris (Yr 5)                            | Rachael Crookwell (Yr 6) |
| 5/6BF | Mrs Browett and Mrs Fossano      |  |                          |

PROCEDURE FOR PICKING UP AND DROPPING OFF CHILDREN ON WARATAH PARADE

Thank you to all the families who have ordered a laminated family name.

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.

**We ask that the information is also passed on to any family members or friends who do pick up and drop off so they are also aware of the routines. Additional name cards are also available if you have other family members regularly collecting children.**

Remember, if children are not yet capable of getting themselves into the car and doing up their seatbelts, it is easier for parents/carers to park the car elsewhere and collect the child from school rather than holding up the flow of cars in the pick-up zone.

*We thank everyone for their support in keeping our children safe.*

## ST JOHN'S NARRAWEENA OPEN MORNINGS

St John's is holding Open Days for 2018 enrolments in Kindergarten and other grades. We invite anyone interested in finding out about quality Catholic education. Our Open Days offer an opportunity for families to: meet the principal; participate in student led activities for the children; open classrooms during the morning sessions so visitors can see our school in action. St John's, Narraweena, a place of 'Strength and Gentleness'.

**Tuesday 21<sup>st</sup> March 9.15-10.30am (and 6.30-7.30pm Information evening)**

**Tuesday 16<sup>th</sup> May 9.15-10.30am**

### **ASTHMA AND ALLERGY INFORMATION \*\*\*\*\*URGENT ACTION REQUIRED – COMPULSORY!!!\*\*\*\*\***

If your child has asthma or suffers from an allergy, **we can NOT medicate them** if we do not have an up to date asthma or allergy plan from your doctor.

Our administrative staff have reached out to families for this to be returned but to date only a few have been.

We have **over 60 children** registered as being asthmatic. If this no longer applies to your child, please contact the office so we can update their file.

If your child does still require medication, **even on an occasional basis**, please see the attached form which must be signed off by a doctor. This **MUST** be returned ASAP in order to ensure we can care for children in an emergency.

### LAST MINUTE TO CHANGES GOING HOME PLANS

Please be aware at times the office may not be able to answer your call, ringing 10-15 mins prior to the bell makes this very difficult. Of a morning it is a good practise to let your children know their going home plans. At times we know are aware of circumstances changing. We endeavour to do our best at all times to notify the class teacher to inform the student of the changes. Thank you for your co-operation.

### SUPPORT MRS KAUFMANN'S CHARITY



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>

She has raised over \$21000! Wow! Thank you to everyone who has contributed – the website is still open for donations.

The St John's children have been getting behind her this week in PE lessons by walking laps around the back oval and 'donating' their kilometres travelled to Mrs Kaufmann. She has been blown away by everyone's ongoing generosity and support. Thank you.

## CANTEEN

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

| <b>W6 Term 1<br/>Mon 27 FEB</b> | <b>W6 Term 1<br/>Tues 28 FEB</b> | <b>W6 Term 1<br/>Wed 1 MAR</b>  | <b>W6 Term 1<br/>Thurs 2 MAR</b>   | <b>W6 Term 1<br/>Fri 3 MAR</b>    | <b>CANTEEN CLOSED THURSDAYS</b><br><br><b>We require 2 volunteers each day to operate the canteen.</b>  |
|---------------------------------|----------------------------------|---------------------------------|------------------------------------|-----------------------------------|---|
| M Bell<br>M Hayes               | K Clemesha<br>S Formosa          | M Martin<br>J Bradley           | <b>CLOSED</b><br><br><b>CLOSED</b> | C Miller<br>B Agresta<br>M Ball   |   |
| <b>W7 Term 1<br/>Mon 6 MAR</b>  | <b>W7 Term 1<br/>Tues 7 MAR</b>  | <b>W7 Term 1<br/>Wed 8 MAR</b>  | <b>W7 Term 1<br/>Thurs 9 MAR</b>   | <b>W7 Term 1<br/>Fri 10 MAR</b>   | 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><br><br><b>Canteen Coordinator:</b><br>Cendrine Lambert(0435030903) |
| J Woolford<br><b>NEED HELP</b>  | L Rourke<br>G Ferris             | C Turner<br>B Gunasti<br>R Bain | <b>CLOSED</b><br><br><b>CLOSED</b> | N Mascalo<br>K Vumbuca<br>A Lalic |   |

## 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**

|                       |           |
|-----------------------|-----------|
| Strength & Gentleness | Larissa C |
|-----------------------|-----------|

|            |                                  |            |                                 |              |   |  |
|------------|----------------------------------|------------|---------------------------------|--------------|---|--|
| <b>KB</b>  | Emmeline R<br>Oscar S<br>Coby S  | <b>2G</b>  | William B<br>Lily M             | <b>4R</b>    | Ines M<br>Annie S                           | <b>Sport</b>                                   |
| <b>KJ</b>  | Taj H<br>Harvey L<br>Sophia M    | <b>2N</b>  | Olivia B<br>Jasmin C<br>Abbie D | <b>4SC</b>   | Samuel C<br>Taylah P                        | <b>Library</b><br>Banjo L (4R)<br>Gemma T (2G) |
| <b>1G</b>  | Sophia H<br>Jack K<br>Mia R      | <b>3D</b>  | Hugh C<br>Phillipa P            | <b>5/6DF</b> | Lachlan B<br>Andrew J<br>Gypsy T<br>Harry W |  |
| <b>1JB</b> | Heidi K<br>David M<br>Ellison T  | <b>3NG</b> | Joshua S<br>Erin W              | <b>5/6L</b>  | Jesse M<br>Connor W                         | <b>Music</b><br>Oscar K (KJ)                   |
| <b>2C</b>  | Lachlan B<br>Keeley F<br>Jacob H | <b>4B</b>  | Holly D<br>Antonio K            | <b>5/6O</b>  | Max B<br>Mia C                              |  |
|            |                                  |            |                                 | <b>5/6B</b>  | Shamro M                                    |  |

## 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.*



### IMPORTANT NOTE:

Last day tomorrow (Friday 24th Feb) for returning the Pink Authority Forms for the Grade Contact Lists. No forms after that day will be accepted. Thank you.



# The P&F Gazette

News and info from YOUR Parents & Friends Association

- Introducing your P&F team
- Term 1 Meeting – Tuesday 7<sup>th</sup> March @7pm
- Email us with your ideas & suggestions!

**[stjohnspandfassociation@gmail.com](mailto:stjohnspandfassociation@gmail.com)**

Hello and welcome/welcome back to all the wonderful parents and friends in our St John's community. We have an exciting year ahead and some fantastic events in store. We're looking forward to sharing great experiences with you all, and enjoying a year that not only celebrates our community, but supports the wider community around us. Join us!

## Who are we?

We're parents and friends who volunteer to support the school & community. Our executive team includes Bel H, Caroline M, Pip T, Gen F & Russell S. You can approach any of us any time!

## What do we do?

We support the school community, and encourage collaboration and camaraderie through social events. We also support the school via fundraising initiatives. It's a team effort, only achieved with the support of all our parents & friends, and more specifically through the spectacular work of Gen and the Class Parent network.

## Who can join?

Any parent or friend in the St John's community is warmly invited to be part of the P & F. You can come to our meetings (we have one each term), or volunteer to assist at events, in the Canteen or with other initiatives. You can make suggestions any time. Your participation can help us achieve greater outcomes for our school and our community. Best of all, it's lots of fun!

## Our first meeting of the year ....

..... is on **Tuesday March 7<sup>th</sup> at 7pm** in the School Library (note this a correction to the information in last week's newsletter). All are welcome; yummy food and refreshments will be provided. Come along and see what it's all about.

## Everyone has a voice

If you have questions, suggestions or comments, why not come along to the meeting or drop us a line at [stjohnspandfassociation@gmail.com](mailto:stjohnspandfassociation@gmail.com). We'd love to hear from you!

Warm regards

**Bel, Pip, Gen, Russell & Caroline**

## COMMUNITY NEWS

### Sacramental Program for Confirmation

Save the date: Thursday 23<sup>rd</sup> March 7pm.

Children in Year 2 or above who have been baptised are eligible to receive the Sacrament of Confirmation this year.



Visit these schools for their 2017 open days/evenings:

**Boys – ST. PAULS COLLEGE, DARLEY ROAD, MANLY**

**St. Paul's Open Evening is being held on Thursday 2<sup>nd</sup> March, 4 –7pm**

**QKR**

St John's Catholic Primary School has launched *Qkr* (by *MasterCard*) as an easy to use, secure phone app for making school payments from your mobile phone. *Qkr* will accept payment using **ANY** credit/debit card (except American Express) and has a simple checkout function. No info is stored on the mobile phone. We are encouraging all credit card payments to be completed through *Qkr* particularly for canteen orders, school fees or other special events etc.



**Step 1. Download *Qkr!* on your Android phone or iPhone.**

iPad users can download iPhone App. [App Store](#) or [Google Play](#)

**Step 2: Register**

Select your Country of Residence as 'Australia' and follow the steps to register

**Step 3: Find St John's Catholic Primary School, Narraweena**

Search for St John's Catholic Primary School

**Step 4: Register your Children**

When first accessing your school menu, you will be prompted to register your child. This allows you to make school payments on their behalf.

**Note: The Qkr web client is available for those not wanting to complete transactions from their mobile phone.**

**About the *Qkr!* App**

*Qkr* is a safe, secure and reliable way to pay for school items. *Qkr* is provided by MasterCard so you know the payments are secure. No information is stored on your phone. Registration details and card information are saved securely on the MasterCard network. *Qkr* will accept payment using **ANY** credit/debit card (except American Express).

**Canteen**

From this Monday 13 February – students and staff can now place food/drinks orders for recess or lunch. Please refer to the attached flyer for more information. Parents are presented with a two week calendar view when placing food orders. Food order for that day will close at 9.00am to allow for the food to be prepared. More tips will follow in the next few newsletters however, in the meantime, we encourage parents to give it a go!

TIP OF THE WEEK

**Q. How do I use the calendar display when placing food orders?**

A. For ease of use, you are presented with a two week calendar view when placing food orders. The calendar makes it easy for you to place orders for a particular child on a particular day.

**To place a food order:**

1. Open *Qkr!* and tap on your canteen menu.
2. On the calendar view tap the date next to your child for which you want to place the order. If you have registered more than one child, the calendar view enables you to place individual orders for each child for different dates. If a date is greyed out you cannot place orders for that date, either because the canteen is not open, or because it is past the cut-off time for that day's orders. Check with your school to confirm the cut-off time.
3. Browse the menu, select items, and add them to your cart.
4. If you are ordering for more than one child you can switch between children by tapping your child's name at the top of the screen.
5. When you are ready to pay, tap 'Checkout' at the bottom of the screen and complete the payment steps.

TIP OF THE WEEK

**Q. How can I keep track of my *Qkr!* payments?**

A. Itemized *Qkr!* eReceipts provide a record of purchase and are a convenient way to keep track of your *Qkr!* payments.

**To view your eReceipts:**

1. Open *Qkr!* and tap 'Activity'.
2. Scroll down to 'Order History' and tap 'Receipt' to view eReceipts.

**Never lose a receipt: email receipts to your account:**

1. Select the eReceipt you wish to email to yourself.
2. Tap on the mail icon at the top right of your screen.
3. Tap 'Send' to email the eReceipt to your email address, or enter another email address, and tap 'Send'.

**Use an eReceipt to cancel a food order you have paid for:**

1. Select the eReceipt for the order you wish to cancel.
2. Tap the red circle with a minus symbol on the order to be cancelled. Select the entire order or individual items to cancel and tap 'OK'.
3. Cancelled items are shown in red on your eReceipt confirming they have been cancelled and a credit is available for future food orders. The value of any credits will be automatically deducted from your next *Qkr!* food order.



SAT 11TH MARCH, 6:00-9:00PM

ST JOHN THE APOSTLE WELCOMES ALL  
FAMILIES, NEW AND OLD, TO OUR ANNUAL

# BUSH DANCE

★ LIVE MUSIC BY "DUCKS ON THE POND" ★

WHERE: ST JOHN'S PLAYGROUND. ENTRY IS FREE!

SAUSAGE SANDWICHES, JUICE, WATER, LOLLY BAGS &  
KIDS MERCHANDISE WILL BE ON-SALE ON THE NIGHT.

COME DRESSED IN YOUR BEST COUNTRY OUTFIT AND PUT ON YOUR  
DANCING SHOES - THERE WILL BE GREAT PRIZES OFFERED ON THE NIGHT!

FOR CATERING PURPOSES, PLEASE RSVP AT [WWW.TRYBOOKING.COM](http://WWW.TRYBOOKING.COM)  
CLICK 'BUY TICKET' THEN SEARCH FOR  
'ST JOHN'S BUSH DANCE'



BYO NIBBLES AND PICNIC RUGS. IN THE EVENT OF RAIN,  
THE EVENT WILL BE HELD IN THE SCHOOL HALL.



# My Asthma **Action** Plan

## When my asthma is WELL CONTROLLED

- No regular wheeze, or cough or chest tightness at night time, on waking or during the day
- Able to take part in normal physical activity without wheeze, cough or chest tightness
- Need reliever medication less than three times a week (except if it is used before exercise)
- Peak Flow\* above

### What should I do?

#### Continue my usual treatment as follows:

**Preventer**

**Reliever**

**Combination Medication**

**Always carry my reliever puffer**

## When my asthma is GETTING WORSE

- At the first sign of worsening asthma symptoms associated with a cold
- Waking from sleep due to coughing, wheezing or chest tightness
- Using reliever puffer more than 3 times a week (not including before exercise)
- Peak Flow\* between  and

### What should I do?

#### Increase my treatment as follows:

**See my doctor to talk about my asthma getting worse**

## When my asthma is SEVERE

- Need reliever puffer every 3 hours or more often
- Increasing wheezing, coughing, chest tightness
- Difficulty with normal activity
- Waking each night and most mornings with wheezing, coughing or chest tightness
- Feel that asthma is out of control
- Peak Flow\* between  and

### What should I do?

#### Start oral prednisolone (or other steroid) and increase my treatment as follows:

**See my doctor for advice**

## How to recognise LIFE-THREATENING ASTHMA

**Dial 000 for an ambulance and/or 112 from a mobile phone if you have any of the following danger signs:**

- extreme difficulty breathing
  - little or no improvement from reliever puffer
  - lips turn blue
- and follow the Asthma First Aid Plan below while waiting for ambulance to arrive.

**A serious asthma attack** is also indicated by:

- symptoms getting worse quickly
- severe shortness of breath or difficulty in speaking
- you are feeling frightened or panicked
- Peak Flow\* below

Should any of these occur, follow the Asthma First Aid Plan below.

### Asthma First Aid Plan

- 1 Sit upright and stay calm.
- 2 Take 4 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 4 breaths from the spacer after each puff.
- 3 Wait 4 minutes. If there is no improvement, take another 4 puffs.
- 4 If little or no improvement **CALL AN AMBULANCE IMMEDIATELY (DIAL 000 and/or 112 from mobile phone)** and state that you are having an asthma attack. Keep taking 4 puffs every 4 minutes until the ambulance arrives.

**See your doctor immediately after a serious asthma attack.**

Dr name: ..... Ph..... Signature.....

Parent/Carer ..... Ph.....

Name: ..... Date: ..... Best Peak Flow\*: ..... Next Doctor's Appointment: .....

\* Not recommended for children under 12 years





## 2017 International Competitions and Assessments for Schools (ICAS)

Dear Parent,

The University of New South Wales is offering your child an opportunity to participate in the **International Competitions and Assessments for Schools (ICAS)**.

ICAS assessments have taken place annually in schools for over thirty years and in twenty countries. Educational Assessment Australia (EAA), who design and deliver the assessments, is the not-for-profit arm of the University of New South Wales.

### ICAS:

- is an annual skills development assessment program in key areas of learning for students in Years 2–12; assessments are available in Digital Technologies, English, Mathematics, Science, Spelling and Writing
- gathers performance information through a 30–60 minute supervised in-school test
- provides a continuous, independent and comprehensive record of a student's performance, and maps their development over the full period of primary and secondary schooling
- enables the progress of each student to be mapped in each skill against their previous performance, demonstrating personal improvement no matter the starting point
- uses fellow students' results as a reference point; results are mapped against all students sitting at the same year level in Australia
- provides an excellent preparation for national testing
- enables students at all levels of ability to participate; ICAS contains questions designed to specifically explore the abilities of students of all standards – this includes those of both lower and higher levels of achievement
- medals are awarded to the top students per state in each subject and year level (when sufficiently meritorious and the test was sat on the official sitting date)
- achievement certificates are awarded to all students at a range of levels:
  1. **High Distinction** to the top 1% of students
  2. **Distinction** to the next 10% of students
  3. **Credit** to the next 25% of students
  4. **Merit** to the next 10% of students
  5. **Participation** to all other students
- results are available to parents and students online; these online reports and analyses remain available indefinitely. ICAS reports indicate which questions were answered correctly, compare student performance to that of the other students tested and are highly suitable for inclusion in a student's portfolio for future tertiary entrance or job opportunities
- entries are administered through the school, so teachers can also access the information

To enrol your child in ICAS, please complete the registration form overleaf and return it, with your entry fees, to your school by **Wednesday 10<sup>th</sup> March, 2017**.

For more information about ICAS go to [www.eaa.unsw.edu.au](http://www.eaa.unsw.edu.au), contact Customer Service on (02) 8344 1010 or send an email to [info@eaa.unsw.edu.au](mailto:info@eaa.unsw.edu.au)

Your child can also prepare for ICAS using Practice Online. Practice Online tests are available for English, Mathematics and Science. Find out more about Practice Online at [www.eaa.unsw.edu.au/practice-online](http://www.eaa.unsw.edu.au/practice-online)

Yours sincerely

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Group Executive  
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AU-FP-1501

## Educational Assessment Australia

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# 2017 International Competitions and Assessments for Schools (ICAS)



## Registration Form

**Please return this form to your child's school by Friday 10<sup>th</sup> March**

I give permission for my child \_\_\_\_\_ in class \_\_\_\_\_ to participate in the following 2017 International Competitions and Assessments for Schools (ICAS):

Please select the subjects you would like your child to enter:

| Subject/Paper         | School Years | Official Sitting Date | Entry Fee, incl. GST | Fee Enclosed |
|-----------------------|--------------|-----------------------|----------------------|--------------|
| Digital Technologies* | 3-10         | 23 May 2017           | \$9.90               |              |
| Science               | 2-12         | 30 May 2017           | \$9.90               |              |
| Writing               | 3-12         | 12-16 June 2017       | \$19.80              |              |
| Spelling              | 3-7          | 14 June 2017          | \$13.20              |              |
| English               | 2-12         | 1 August 2017         | \$9.90               |              |
| Mathematics           | 2-12         | 15 August 2017        | \$9.90               |              |
|                       |              |                       | <b>TOTAL</b>         |              |

Students should sit on the official sitting date for each subject to be eligible for UNSW medals. However, your school may choose to sit at another time to fit in with other school activities and routines.

\* Previously known as Computer Skills.

**Please note - All tests will be held in the school Library at 8am. If you cannot make this early time, please do not enter.**

### Payment:

I enclose Cash / Cheque (*made payable to St John's Narraweena*) enclosed

Please charge my Credit Card (VISA / Mastercard) the amount of \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Exp Date: \_\_\_\_ / \_\_\_\_    CCV: \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Signature: \_\_\_\_\_



# Waratah Parade Procedures

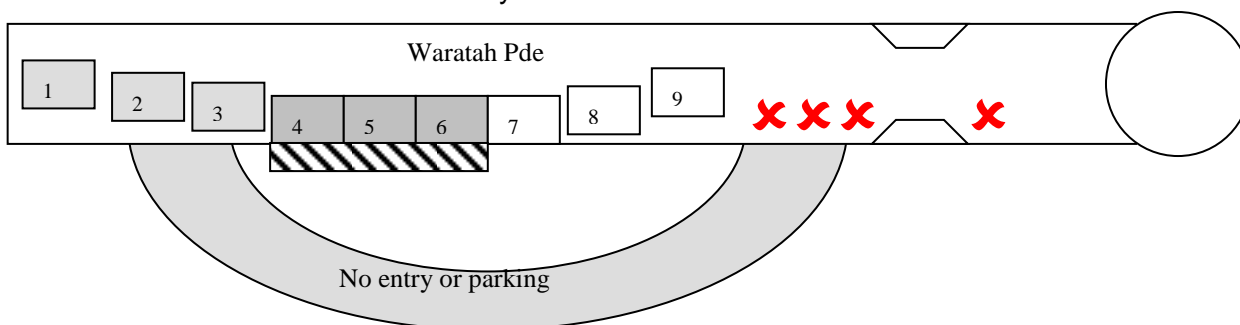
Please follow the instructions below for **dropping off** and **picking up** children in Waratah Parade. It is imperative for the safety of all children that all parents and carers use the correct procedures. If you have others (eg. grandparents) using this entrance it is your responsibility to train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



# **REGISTER TO PLAY IN AN ALL GIRLS RUGBY COMPETITION**

*NEW TO 2017*

## **A GIRLS ONLY RUGBY COMPETITION**

- Suitable for girls aged 8-10 years old
- Play with and against other girls
- Transition from 'tag' to 'contact' rugby with accredited coaches
- No previous rugby experience necessary
- All games played on the Northern Beaches
- A pathway to girl's junior rugby and women's senior & international rugby.

Is your daughter an Australian 'Wallaroo' or 'Pearl' of the future?  
If so, start her on the journey today by registering to play in the new  
**ALL GIRLS** rugby program.

For further information contact Stephen on 0438 248 359



deewhylionsrugbyclub



deewhylionsrugby.com