



# ST JOHN'S NEWS

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Issue No 7– 16<sup>th</sup> March 2017

## PRINCIPAL NEWS

Dear Parents,

Attendance at this year's Bush Dance was outstanding. It was great to see parents, children and staff entering into the spirit of the night and wonderful to see so much community support for this first event of 2017. 'Ducks on the Pond' provided a great repertoire of country music and added to the fun with a few pop numbers as well. Congratulations and thank you to our Year Three parent organisers Natasha Pardoen, Blazenska Harvey, Deborah Meighan and Nicole Grilla for organising the event. Special thanks to all Year 3 parents who volunteered as helpers on the night and to our St John's Advisory Council members and their husbands and wives for organising, cooking and serving the barbeque. You can access a video of the night on the home page of our Weebly.



Our next community event is a fundraiser – the St John's Colour Run. Proceeds will be used to fund changes to the play equipment. We are planning to improve the play equipment area by adding in more interactive and imaginative spaces for the children to enjoy. The changes take into account the feedback we received from the children in 2016 through the SRC.

During this week and next, our Year 3 children receive the Sacrament of Reconciliation after their four week preparation period. Timed to occur during Lent, it is the perfect way for the children and their parents to seek forgiveness, strengthen their relationship with Jesus, be open to a change of heart and mind and to welcome Jesus joyfully into their lives. Our best wishes to all candidates.

Year 2 will begin their preparation for Confirmation next week when parents and children will attend a special Commitment Liturgy and information evening at St Kevin's, Dee Why beginning at 7pm. Tonight we are holding a forty minute meeting for parents interested in facilitating a group for Confirmation. The meeting will be held in our school library beginning at 7pm. During the meeting we will walk through a typical session showing how it runs and what the role of the facilitator is.

Our connections with our Parish community are strengthening through the experiences above. It is wonderful to see this happening at St John's and it was evident through the attendance at mass on Saturday evening prior to our bush dance. I encourage you to keep helping us build this relationship so that our children have a strong sense of belonging to a community that shares a common purpose – accompanying each other in faith.

Best wishes for the week ahead

**Mark Bateman** – Principal

## DIARY

Week 8 Term 1 Mon 20 March	Week 8 Term 1 Tues 21 March	Week 8 Term 1 Wed 22 March	Week 8 Term 1 Thurs 23 March	Week 8 Term 1 Fri 24 March	Week 8 Term1 Sat/Sun 25/26
123 Magic Parenting Course 6-9pm	<b>St John's Open Day</b> 9.15-10.45 6.30-7.30pm	Year 5/6 Milson Island Camp	Year 5/6 Milson Island Camp NSWCPS Swimming Confirmation Introduction Night 7-8pm	Year 5/6 Milson Island Camp	
Week 9 Term 1 Mon 27 March	Week 9 Term 1 Tues 28 March	Week 9 Term 1 Wed 29 March	Week 9 Term 1 Thurs 30 March	Week 9 Term 1 Fri 31 March	Week 9 Term1 Sat/Sun 1/2 April
Core Values Assembly 8.45 123 Magic Parenting Course 6-9pm	Advisory Meeting with P&F 6.30- 7.30pm Northern Beaches DCP Cluster Meeting 6-9pm				

## IMPORTANT DATES FOR THE DIARY

### Mon 20<sup>th</sup> March

123 Parenting Course (6.30pm Library)

### TUES 21<sup>st</sup> March

St John's OPEN DAY 9.15am/Parent Info Evening 6:30pm

### Mon 3<sup>rd</sup> April

123 Parenting Course (6.30pm Library)

Holy Week Liturgies commence

### Wed 5<sup>th</sup> April

St John's Cross Country and Fundraiser

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

### TERM 2

Mon 24<sup>th</sup> April Staff Development Day

Tues 25<sup>th</sup> April ANZAC Day Public Holiday

WED 26<sup>th</sup> APRIL – First Day of Term 3

Fri 28<sup>th</sup> April Staff Development Day

Thurs 11<sup>th</sup> May - Mother's Day Breakfast



### Exciting News!

The children WILL get to unleash their self-expression and wear crazy rainbow attire, runners and more at the Colour Run (a.k.a. the St John's Cross Country) – on Wednesday 5<sup>th</sup> April.

See information below!

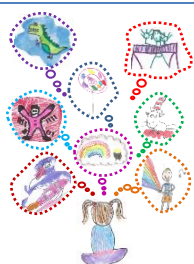
## Soccer Gala Day – Online Permission Note

Children in Years 3-6 were emailed an online permission note and request for team managers today. You can also access the note using this link:

<https://goo.gl/forms/EQs5YWGkLTkPEBEi2>



## IMAGINE A MUSICAL



Are you missing the fun and excitement around our AMAZING musical last year? Are you looking for something to keep you entertained over the Easter holidays? Need a present for the grandparents? DVDs of *Imagine: A Musical* are available from our school office for the RED-HOT price of \$5 each! Buy 2!

Pop in to see the lovely ladies in the office, or send an envelope with \$5 or credit card details through your child's office bag.

### RECONCILIATION

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A special congratulations to all of our St John's children who are receiving the Sacrament of Reconciliation this week. They have all prepared with their families and are ready to make this next step on their journey to be closer to Jesus.

All of the children in Years 4-6 who have received the Sacrament of Reconciliation will also be going to Reconciliation with their classes during Lent.



### Lent – Stations of the Cross

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#### Prayer, Fasting & Almsgiving

If your family is looking to do something special for **prayer** during Lent, then tomorrow night (17<sup>th</sup> March) our School is running the **Stations of the Cross in St John's Church from 7:00 – 7:30pm.**

Each Friday in Lent the Parish holds the Stations of the Cross to remember Jesus' journey to the cross. This Friday night, we will focus on a social justice link.



Thank you to the families who are coming to help us. We would love even more children to be involved in the liturgy, so if your family can attend, would you please let us know ASAP by clicking on the following link so we can allocate responsibilities. <https://goo.gl/forms/f5wOs9EGWoTrLAP52>

### CONFIRMATION

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An 'Introduction Evening' is planned for children in the Parish of Warringah at St Kevin's Dee Why at 7:00-7:45 pm March 23<sup>rd</sup>, 2017. Children enrolling for Confirmation AND a parent are required to attend.

Please note, parents and families unable to attend must contact the Parish Office (phone: 9982 6536) as participants will be required to participate in a 'Commitment Rite' at an alternative time. It is not possible to have a friend attend or collect information or materials on behalf of an absent parent and child.



#### Call out for Mentors and Facilitators

We have some wonderful parents who have already volunteered to be facilitators ... but we have a large group of children preparing for the Sacrament of Confirmation and we need more facilitators!

Why not ask a friend if they will join with you in facilitating a group? You can share the load.

There is a meeting for parents interested in being a facilitator or mentor **tonight** (Thursday March 16<sup>th</sup>) in St John's Catholic School Library from 7-7:40 pm.

If you think you can help us by being a facilitator or mentor, please come along. If you are unable to make tonight's meeting – please just contact the school ASAP and let us know you are interested.

### WELLBEING AT ST JOHN'S

St John's has had a lovely week so far participating in many activities focusing on developing and caring for our physical, spiritual, mental and emotional wellbeing. Hopefully our families have also been enjoying some special family time together using some of the suggestions on our Weebly.

On the home tab of each grade page (when you click 'Year 1' on <http://stjohnsnarraweena.weebly.com> for example) you will see lots of links and resources for parents to read about caring for their child's wellbeing, as well as suggestions for activities.

You'll also see a little video of Monday's activities where we all started off the week weaving stars in support of the One Million Stars (against violence) – check out [www.onemillionstars.net](http://www.onemillionstars.net) for more information. Our stars will be sent up to Queensland to be a part of an art installation for the Commonwealth Games next week, but in the meantime can also be viewed as part of our own mini art installation in the foyer!



We'll make another video to finish off the week and this will be shared on our Weebly as well.

### NATIONAL DAY OF ACTION AGAINST BULLYING



Our Wellbeing week culminates in the National Day of Action Against Bullying on Friday 17<sup>th</sup> March. Across the school this week we have spoken with the children about bullying, what it means, what we can do about it. We've also discussed what bullying ISN'T (for example, having a disagreement with a friend, or wanting to spend time with a different group of friends for the day). We have been using the resources from <https://bullyingnoway.gov.au> which also have great resources for parents and carers.

The eldest child from Year 3-6 will be receiving a 'Bullying No Way – Take a Stand Together' card which has some helpful hints and contact details. There is also a 'Take a stand together' app which can be downloaded on the Apple App Store and Google Play Store which has advice and tips about bullying.

Parents, we also have cards about approaches for you if your child talks to you about bullying. These are available at the front counter in the foyer.

1. **Listen** calmly to get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you help.
4. **Visit** [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. **Contact** the school.
6. **Check-in** regularly with your child.

We highly recommend the Michael Grose 'Parenting Ideas' papers on *Teasing vs Bullying* and *Bullying and Parent Ways to Help* available on the Weebly in the Wellbeing section on each class page.

### STAGE 3 CAMP – MILSON ISLAND



Our Year 5 and 6 children are getting ready to head off to Milson Island next week for a 3 day camp full of **F U N**!! The NSW Department of Sports and Recreation has a base at Milson Island, located on the beautiful Hawkesbury River, and our children are looking forward to activities such as archery, kayaking, challenge ropes, bushwalking, raft-building and more.

We hope you have a great time, kids, and we're looking forward to hearing all about your adventures!



## CROSS COUNTRY – WEDNESDAY 5<sup>TH</sup> APRIL

A reminder to parents to fill in the online permission form for K-6 children to walk to and from Beverley Job Park for our Cross Country on Wednesday 5<sup>th</sup> April.

The link can be found LOTS of places on our school Weebly – the home page, the sports page and on the home page for each grade.

There will be a special reward for the first class that has all online permissions completed – get yours done today! It takes less than 2 minutes to complete.



## LIBRARY NEWS



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

## SCHOOL NEWS

### PARKING RANGERS ON THE LOOKOUT!

We have information that local parking rangers will be photographing car number plates in the area in coming weeks and issuing fines. Please be mindful of the safety of our children by following the road rules and by supporting the procedures we have in place for 'Walkers' both before and after school.

Please note the drop off zone at the bus stop at the front of the school is available until 8:30am. Teacher supervision begins at 8:15am each morning at school. Children arriving before that time need to be booked into before-school care.

**We also ask that parents do not park in the drop-off zone on Waratah Parade and walk their children into school. This area needs to be left clear and used as a Kiss and Drop zone. Please follow the procedures issued in the 'Walkers' information sheet.**

Parking is not permitted in the driveway at the front of the school. This is an emergency exit on one side and is reserved parking for people with a disability on the other.

### 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. We'd love to show you around!

**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**



### DO YOU REALLY KNOW ENOUGH ABOUT DIGITAL TECHNOLOGY TO PROTECT YOUR CHILD?

I cannot recommend Leonie Smith highly enough to answers important questions on cyber safety ESPECIALLY FOR PARENTS OF CHILDREN FROM YEAR 4 AND UP. Leonie Smith "The Cyber Safety Lady" helps parents navigate through the digital minefield with up to date information on the latest online trends and apps.

**FREE SESSION** with Leonie Smith, the Cyber Safety Lady, at St Rose School Hall on Monday 20<sup>th</sup> March commencing at 6:30 p.m. This is a 1.5 hour talk plus 15 minutes for Q&A. To RSVP please email [srcp@dbb.catholic.edu.au](mailto:srcp@dbb.catholic.edu.au) - by **TOMORROW (Friday 17<sup>th</sup> March)**.



## CALL OUT FOR CLASS PARENTS

We are still in need to fill the following class parent positions:

**4SC** - two class parents; and **5/6L** - one year 5 class parent

Could you please contact the school office or Gen Ferris (Class Parent Co-ordinator) email: [gen.ferris@gmail.com](mailto:gen.ferris@gmail.com).

## SAVE THE DATE

**Year 2 Social night** – Wednesday March 29<sup>th</sup> 2017, 7pm at the Collaroy Hotel. RSVP Class Parent by 21/03/17

**Year 4 Parent Drinks/Dinner** - Thursday 6th April at the Collaroy Hotel at 7pm

We would love to see lots of Mums and Dads for an end of Term 1 catch up.

Please RSVP to class parents or [jspiteri@bigpond.net.au](mailto:jspiteri@bigpond.net.au) by 1st April.

**Year 5 Social night dinner** - Thursday 30th March at Dee Why Loft Restaurant at 7pm.

**Address** 3-6 The Strand, Dee Why (BYO)

**Menu** <http://deeloft.com.au/>

If you are keen to come along please contact Kristina Ward ([kristinaward@optusnet.com.au](mailto:kristinaward@optusnet.com.au)) or Gen Ferris ([gen.ferris@gmail.com](mailto:gen.ferris@gmail.com))

## 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**

<b>Strength &amp; Gentleness</b>	Skye Mc (5/6DF) Alessia M (4B)
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<b>KB</b>	Livia D Lucy E Senuk R	<b>2G</b>	Monique C Annika H	<b>4R</b>	Chloe F Brooke G Olivia O	<b>Sport</b> Carys F (4R) Gianni D (2C)
<b>KJ</b>	Riley H Manaaki N Mia S	<b>2N</b>	Natalia M Eleanor N Jacob T	<b>4SC</b>	Gabriella B Elisa C Patrick V	<b>Library</b> Chloe B (3D)
<b>1G</b>	Maeve G Royce G Giselle L	<b>3D</b>	Nicholas C Henri L	<b>5/6DF</b>	Isaac B Nikita M Claudia V Harry W	
<b>1JB</b>	Leon D Coddie D Piero V	<b>3NG</b>	Amelia H Cooper V	<b>5/6L</b>	Ilenia M Annamaria M	<b>Music</b> Chloe B (3D) Benji L (KJ)
<b>2C</b>	Jake D Fin H Victor K	<b>4B</b>	Dominic B Cameron G Zoe S	<b>5/6O</b>	Hannah H Elizabeth S Pratham V	
				<b>5/6B</b>	Matthew H	

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

W8 Term 1 Mon 20 MAR	W8 Term 1 Tues 21 MAR	W8 Term 1 Wed 22 MAR	W8 Term 1 Thurs 23 MAR	W8 Term 1 Fri 24 MAR	<b>CANTEEN CLOSED THURSDAYS</b>  <b>We require 2 volunteers each day to operate the canteen.</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>  <b>Canteen Coordinator:</b> Cendrine Lambert(0435030903)
F Doust S Kevric	M Facer S Rooke	D Albanese C Lambert	<b>CLOSED</b>  <b>CLOSED</b>	S Letts B Agresta	
W9 Term 1 Mon 27 MAR	W9 Term 1 Tues 28 MAR	W9 Term 1 Wed 29 MAR	W9 Term 1 Thurs 30 MAR	W9 Term 1 Fri 31 MAR	
G Curran M Di Palma	H Byrne J Kipa	S Forrester K Thompson	<b>CLOSED</b>  <b>CLOSED</b>	M Southan H Baumann C Miller	

FAMILY LIAISON OFFICER

**DPC Leadership Evening:**

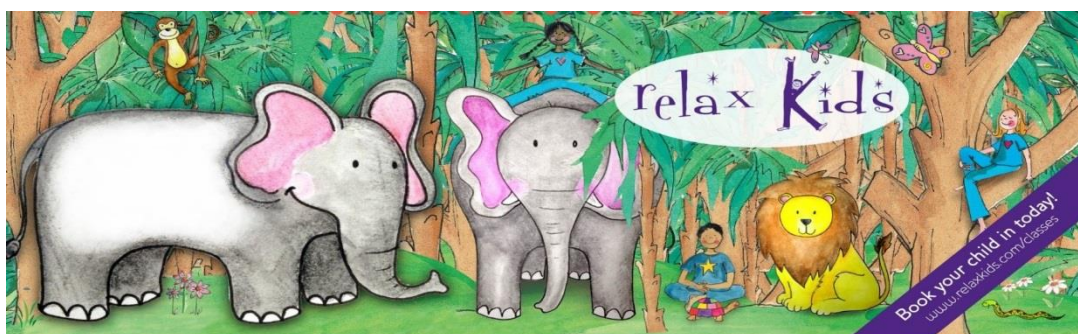
Monday 27<sup>th</sup> March, new location Sacred Heart Catholic School, Pymble. 6:30-9pm

**CASSEROLE CLUB – URGENT CALL OUT FOR MEALS**

We currently have a couple of families who are in need of meals from our casserole club. The freezer is completely empty and needs restocking with some wonderful home cooked meals to help our families who are struggling at the moment. If you have time this weekend, could you please cook a double batch of whichever meal you are preparing for your family and bring the spare batch in for the casserole club freezer. There are plastic containers (take-away style) available for you if you wish to pick them up from the office. There are also some aluminium trays (BBQ style) if you wish to make something like a lasagne or oven bake that can be reheated in the oven). Please label all meals with the following : Name of meal, date made, ingredients. Thank you so much to those of you who respond to these calls out for meals, your generosity is appreciated more than you can know by those who receive them.



RELAX KIDS



Enrolments for Relax Kids Term 2 are now OPEN! Registration for school holiday workshops over the Easter Break are also open now. Spaces are limited so please contact Elizabeth Byrne on 0413 786 588 or [ebyrne5@yahoo.com](mailto:ebyrne5@yahoo.com) to register your child now.



## *The P&F Gazette*

News and info from YOUR Parents & Friends Association

- The School Uniform Shop – Everything you need to know
- Bush Dance Wrap Up
- Minutes of our first P&F meeting - available to all



### The School Uniform Shop

**Did you know** we have our own School Uniform shop here at St John's? Run on a purely voluntary basis by school parent and Clothing Pool Coordinator, Eva S, it provides a fantastic service to the school community!

**Brand new items for sale** include hats, school bags, library bags, socks and girls' winter uniform tab/ties.

**Second hand items for sale** include all dresses, shirts, shorts, pants, sports uniforms and jumpers. These are available in a variety of sizes and in good condition and for a fraction of the retail price e.g. shirts for \$6, dresses for \$15. It's a fantastic way to keep costs down and support the school.

**You can help us** by donating any uniform items you no longer need. So long as they're in good condition (and washed please!), just drop them off at the School office, or the Uniform Shop on Thursday mornings/afternoons. We are always grateful as Uniform Shop proceeds directly contribute to our P&F fundraising targets. Our current goal is to help fund the school playground upgrade!

**The School Uniform Shop - located at the Canteen – is open Thursdays 8.30 – 9am & 2.30 – 3pm**

At this stage, only purchases of new items can be made through Qkr! Otherwise card (via school office) or cash payments are fine.

Please note: New items such as hats and bags can be purchased from the School Office Mon – Fri between 8:30am – 3:30pm.

**Hat's off to Eva**, who's been volunteering in this role for over 3 years now. She does a fantastic job ensuring we have quality stock on hand and running the shop week in and week out. She also arranges the new bags, hats and Welcome certificates for our new Kindy kids each year, and makes uniforms available to students when they need it in an emergency. Thank you Eva!

### What a bonza Bush Dance!

**This year's Bush Dance was a spectacular success!** – What a night, what a band, what an awesome crowd! We want to acknowledge the amazing effort put in by the Year 3 group, especially the class parents, volunteers and donors. The School Advisory Board ran a sensational sausage sizzle, and Ducks on the Pond, who are truly part of the St John's family, brought us together with their humour, warmth, and amazing talents. Thanks to everyone involved.

### Minutes from the first P&F meeting

These are now up on the school website and can be read [here](#).

Questions? Suggestions? Comments? Email us at [stjohnspandfassociation@gmail.com](mailto:stjohnspandfassociation@gmail.com)

Warm regards

Bel, Pip, Gen, Russell & Caroline



### Lunch Orders – Cendrine's top 5 tips!

**It's been a big start of the year for the School Canteen.** We've bid farewell to Fiona, our wonderful coordinator, who for so many years simply did an amazing job each and every day. Thank you for everything Fiona. **We also welcome Cendrine**, our new coordinator, who has taken on the role with enthusiasm, energy and lots of new and exciting ideas. Cendrine has also been instrumental in supporting the new Qkr! online ordering system, which is super easy to use. Here's her top 5 Qkr! Lunch order tips!



1. To save time, remember you can do recurring orders
2. Make sure you hit **submit** and the end of your order and that the receipt comes through to your email
3. If you have more than one child, make sure you've got the right lunch order for the right child
4. You can now order ice blocks and frozen items for lunch! Your lunch bag will come back with a token for the product you've ordered. Simply bring it to the canteen window to receive your frozen treat!
5. Be sure to tell your child that you've ordered their lunch online, and remember to still pack recess & crunch 'n sip.

Warm regards

Bel, Pip, Gen, Russell & Caroline

## School Banking day is now on TUESDAYS.

Remember, Tuesday is our new School Banking day.

School Banking is also a great fundraiser for our school, raising 5% on every deposit made through the school (to a maximum of \$10 per individual deposit).

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day. We will issue them with a replacement.

If you are interested in opening a Commonwealth Bank Youthsaver account for your child you can visit <http://commbank.com.au/schoolbanking> and click on the link to open a Youthsaver account. A School Banking representative will be available at the Information Session to show you how you can do this. In order to verify yourself and your child, you will need your driver's licence and your child's birth certificate, but if you don't have these with you on the day, you can complete verification online at home.



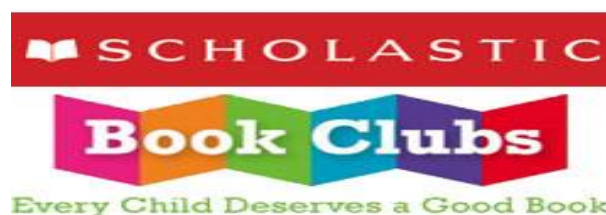
### COMMUNITY NEWS

#### QKR

St John's Catholic Primary School is now using *Qkr* (by *MasterCard*) 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. The instructions for downloading and using *Qkr* are in the Standard Notes on the school website (and see Cendrine's Top 5 tips in the P&F news section above).



#### BOOK CLUB



**Book club orders for Issue 2 are due no later than**

**Wednesday 22nd March**

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

Alternatively, you can put your order in at the office and pay by cheque. 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 cannot accept cash.**

**Remember to collect your orders from the office if you request a "gift" order**

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*At St John the Apostle Narraweena we are **RESPECTFUL**, **RESPONSIBLE**, **SAFE** Learners*



### ***Narraweena Tennis Club***

Beverley Job Park, McIntosh Rd. Narraweena

## **APRIL 2017 TENNIS CAMPS**

For Ages 5 – 14yrs

**Wk 1: Mon 10<sup>th</sup>, Tues 11<sup>th</sup>, Wed 12<sup>th</sup>, Thur 13<sup>th</sup> April**

**Wk 2: Tues 18<sup>th</sup>, Wed 19<sup>th</sup>, Thurs 20<sup>th</sup>, Fri 21<sup>st</sup> April**

**Times: 9am-3pm (supervision 830am-330pm)**

Full Day: \$40pp. Half Day: \$35pp.

**\*\*\*EARLY BIRD SPECIAL\*\*\***

**\$30 per camp pp if you book & pay before Wednesday 1<sup>st</sup> April 2017**

Email: [info@revolutiontennis.com.au](mailto:info@revolutiontennis.com.au)

Tel: 0432 835 854

# Talk with your child

Just spending time talking with your child helps them to learn and grow.



Have fun with language together. Play word games, sing songs and make up nonsense rhymes.

Talk about fun times. Talk about big ideas. Talk about what they're learning at school, what they enjoy and what they find difficult.

Exposure to languages other than English is beneficial to your child's education and life experiences.

Share stories that are part of your family or cultural heritage.

Listen to your child and give them time to respond when you ask them a question.





# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

# What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

**Bullying is about lack of power** as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying. Some kids keep it close to their chests so it helps to be on the lookout for warning signs such as: items being stolen, changing the route to school and withdrawal from usual activities.

### If your child is being bullied:

#### 1 Listen to their story

Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

#### 2 Deal with their feelings

A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

#### 3 Get the facts

Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

#### 4 Give them coping skills

With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

#### 5 Get the school involved

Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

#### 6 Help build your child's support networks

Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

#### 7 Build their self-confidence

Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.



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





# ST. JOHN THE APOSTLE

Catholic Primary School



## Presents Parent Course 1-2-3 Magic and Emotion Coaching

1-2-3 Magic is a behaviour management program for parents providing families with **effective discipline strategies** for children aged 2 – 12.

### 1-2-3 Magic is easy to learn and it works!

The logical and simple 123 method can be learnt in **3 sessions**. it is easy to remember especially when parents are tired or stressed. **1-2-3 magic** is a 'parents in charge' program that helps to eliminate arguing and yelling.



### Strategies are given for the following 3 tasks of parenting:

- ✓ Helping children to control their own unwanted behaviour
- ✓ Encouraging positive behaviour (going to bed, doing homework)
- ✓ Strengthening parent-child relationships (shared fun, praise and listening.)

**Where:** St. John the Apostle Catholic Primary School  
166 Alfred Street, Narraweena. School library.

**When:** Mondays 20<sup>th</sup>, 27<sup>th</sup> March and 3<sup>rd</sup> April. **Time:** Evening 6:30-9:00pm

**Cost:** \$10 for a workbook covering the 3 sessions.

**RSVP:** Bookings are essential: <http://www.schoolinterviews.com.au>

Booking Code: **jwvt9**

Queries: School office 9971 9297 or  
Email: [Jeanie.mcdonnell@dbb.catholic.edu.au](mailto:Jeanie.mcdonnell@dbb.catholic.edu.au)

# Colour Run Cross Country 2017

**Fundraiser**  
**Wednesday 5<sup>th</sup> April**



It's time to put on your brightest colours and your fastest sneakers boys and girls.  
It's cross country time and this year it is going to be big, bright and colourful!

On the day we encourage all children to dress up as brightly as they can in their colour house colours or just go rainbow! Include bright runners if you have them, wigs, body paint, nails! Go mad! Get creative! Best dressed will star in the newsletter.

It would be great to have as many parent helpers and supporters as possible.

**Year 4 are organising the event and we will be calling for helpers shortly.**

Parents, join in the fun! Jump in and run with the kids for a while to inspire them!  
Go crazy with colour yourself!

As this has been a hugely successful fundraising event in the past, for 2017 the P&F have decided to continue the Cross Country sponsorship program.

All funds raised will be put towards **playground improvement**.

Each child will receive a sponsorship envelope so they can gather sponsorship for completing the Cross Country race and activities. Payment can be made in the following ways:

1. **Qkr!** (preferred) Please submit each child's total pledge and then proceed to check-out; or
2. Hand in a sealed envelope showing the child's name and class and give to the class teacher.

We ask that children approach family and friends for support, and encourage parents to escort children if approaching neighbours.

## Great Prizes!

- The class that **raises the most money** and has returned a full set of envelopes and money by the due date will receive a **Domino's Pizza lunch** at school sponsored by Domino's Pizza Dee Why.
- All children who participate in the run and activities, and return their envelopes and money by the due date, will go in a draw to win some **Taronga and Western Plains Zoo passes** and a **Domino's Pizza making experience**.
- This year, we are also very lucky to be able to offer a fabulous **\$200 Criniti's Italian Restaurant Voucher** as the main prize for to the family who raises the most money and returns money and envelopes to the school by the due date.  
Thank you so much to Criniti's and our other wonderful sponsors for their support.
- Every child will be given an iceblock when they return to school!!!



Children are asked to return their Sponsorship envelope and money raised to school by

**Due date: Friday, 12<sup>th</sup> May 2017.**

CLIFFSIDE

FUN RUN

APRIL  
9TH  
2017

**REGISTER NOW!**  
[www.cliffsidefunrun.com.au](http://www.cliffsidefunrun.com.au)  
**EARLY BIRD DISCOUNT**  
register by  
1st March

**3km & 10km  
Courses**



**JOIN THE FUN!**

📍 **Long Reef Headland, Northern Beaches, Sydney**

**PLUS a SPORTS FESTIVAL FINISH!**

with stalls from the Sydney Sixers, NSW AFL,  
food, coffee, kids activities & more!



Run on Clouds.

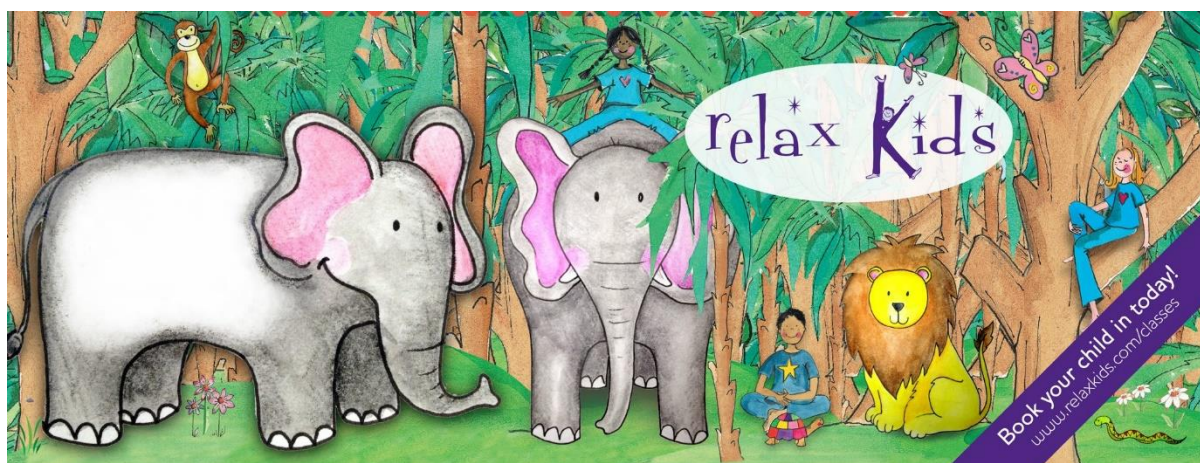


Run by the AVAAL 4 Life Foundation and the Mona Vale Surf  
Life Saving Club to raise funds for 'How Can it be?'  
mental health awareness and the National Breast Cancer  
Foundation.



**NATIONAL  
BREAST CANCER  
FOUNDATION**  
CORPORATE SUPPORTER





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  
10 April – 13 April 2017 and 18 – 21 April 2017**

**Term 2 Classes Start Week 2 of Term 2, 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 <span>relax Kids www.relaxkids.com</span>	
<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.

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

*Elizabeth Byrne  
0413786588  
Ebyrne5@yahoo.com*

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**relax Kids**  
calm, confident kids in chaotic times



# MANLY WARRINGAH BASKETBALL APRIL HOLIDAY CAMP

**Tues 18<sup>th</sup> to Thurs. 20<sup>th</sup> April 2017**

**9:30-12:30 Doors open @ 9:00am**

**Ages 5-12 graded in small training groups**

**Venue: NBISC, Jackson Rd Warriewood**

- *Professional Guest Coaches*
- *Every child receives a camp singlet*
- *Professional coaching*
- *Competitions with great prizes*



**Cost:\$95** includes singlet

**To book please go to:**

**<https://www.trybooking.com/265972>**

Bookings close 5pm, Monday 17<sup>th</sup> April 2017



## PINK BALL

**MWBA's Training Program for GIRLS ONLY**

This program is designed to introduce 7-12yr old girls to basketball. The Focus will be on skill development and enjoyment and will be run by female coaches and senior representative players.

**Dates:** Sat 6<sup>th</sup> May to Sat 24<sup>th</sup> June 2017

**Time:** 2:30 - 3:30pm

**Where:** Northern Beaches Indoor Sports Centre

**Cost:** \$90 includes a Pink Basketball or T-shirt or Gym Sack or Water Bottle.

**To book go to:** **<https://www.trybooking.com/265975>**

Bookings close Friday 5<sup>th</sup> May 2pm. Limited spots available.