



ST JOHN'S NEWS

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Issue No 23 – 3rd August, 2017

PRINCIPAL NEWS

Dear Parents,

We will be celebrating 'Grandparents and Special Friends Day' tomorrow. We will begin with a liturgy in the Church at 1:30 pm. Following the liturgy, afternoon tea, generously provided by our Year 5 and 6 parents, will be served for our guests in the hall and classrooms will be open for visits. The afternoon will conclude at 3:05 pm. We have had great support for this event and are looking forward to welcoming our special visitors.

St John's will be taking part in the NAPLAN readiness assessments this year along with all Catholic schools in the Diocese, government and independent schools. It is important to understand that this is just like a dress rehearsal before the introduction of online testing from 2018. The NSW Education Standards Authority (NESA) wants to test technology and organisational arrangements across schools and systems leading into the introduction of online NAPLAN testing from 2018. Academic results are not the focus or purpose of the readiness assessment event this time. St John's children in Years 3 and 5 will take part in the readiness assessment with teachers currently undergoing training for the event. Further information can be found at www.nap.edu.au/online-assessment/naplan-online.

Preparation for First Eucharist is underway. A parent information evening was recently held and preparation groups begin this weekend. Sacramental preparation is carried out by the Parish with the support of the school. At St John's, First Eucharist is part of the Stage 2 Religious Education curriculum. The following excerpt is from the teaching module and outlines the purpose of the work done at St John's school:

"Where children are making their first Eucharist, the module provides a link between family, parish and school. For many children this will provide them and their parents with an opportunity to remember who they are as baptised people confirmed in the spirit. The sacrament of Eucharist celebrates and nourishes our Christian journey to God. It calls us to faith, to proclamation of the Word, to communion with Jesus and one another and challenges us to be people of his mission today".

Please keep the children involved in preparation in your prayers.

Finally, our children participated very enthusiastically at our Annual Athletics Carnival held on Thursday last week. Our Colour House Captains did a fantastic job at encouraging their respective teams and we had wonderful support from parents and staff. Special thanks to our sports team and our new PE teachers, Mrs Wallace and Mrs Frost for their assistance in running the day. Gold is this year's winning house, congratulations to them!

Best wishes for the week ahead

Mark Bateman - Principal

DIARY

Week 4, Term 3 Mon 7 Aug	Week 4, Term 3 Tues 8 Aug	Week 4, Term 3 Wed 9 Aug	Week 4, Term 3 Thurs 10 Aug	Week 4, Term 3 Fri 11 Aug	Week 4, Term 3 Sat/Sun 12/13
	<i>Feast of St Mary of the Cross (Mary Mackillop) Yr 2 Coastal Environment Centre</i>			<i>Public Speaking Finals K-2 9:00 3-6 11:15</i>	<i>Parish Family Mass 5pm</i>
Week 5, Term 3 Mon 14 Aug	Week 5, Term 3 Tues 15 Aug	Week 5, Term 3 Wed 16 Aug	Week 5, Term 3 Thurs 17 Aug	Week 5, Term 3 Fri 18 Aug	Week 5, Term 3 Sat/Sun 19/20
	<i>Feast of the Assumption 9.15am Whole School Mass</i>			<i>Kinder Excursion - Zoo</i>	<i>P&F Trivia Night @ Dee Why Bowling Club</i>

IMPORTANT DATES FOR THE DIARY

Friday 11th August (W4)

St John's Public Speaking finals (K-2 @ 9am, 3-6 @ 11.15am)

Saturday 12th August (W4)

Parish Family Mass – hosted by Years 2 & 3 - 5pm

Tuesday 15th August (W5)

Feast of the Assumption 9.15am Whole School Mass

Saturday 19th August (W5)

P&F Trivia Night @ Dee Why Bowling Club

Wednesday 23rd August (W6)

Parent Information Evening 6.30pm-8pm

Book Week Parade 8:45 (Book Week all week)

Monday 29th August (W7)

Play to Learn (Session 1) 9.15-10.30am

Friday 1st September

Father's Day breakfast and liturgy (please note change of time)

Play to Learn (Session 1) 9.15-10.30am

Monday 11th September (W9)

Play to Learn (Session 2) 9.15-10.30am

Friday 15th September (W9)

Play to Learn (Session 2) 9.15-10.30am

First Eucharist

Sat 9th – Sun 10th and Sat 16th – Sun 17th September

Gala Days (W10)

Year 3&4 – Tuesday 19th September

Year 5&6 – Thursday 21st September

AWARDS



Please note: **CHANGE TO AWARDS** Awards will be given out as follows:

FRIDAY MORNING – 8:45am Kindergarten – Year 6

STRENGTH & GENTLENESS will be presented on **MONDAY** mornings during Prayer Assembly

Strength & Gentleness		Tom D (5/6DF)				
KB	Taj K Senuk R	2G	Christopher A Lily M	4R	Alison L Piper M Olivia O	Library Andie M (4B) Matthew F (2C)
KJ	Oscar K Arkie T	2N	Abbie D Brooke H Jacob T	4SC	Zac M Charlotte Y	Sport Anton C (2G) Pascal K (2G) Ella D (4R)
1G	Sophia H James C	3D	Lachlan H Matthew H	5/6DF	Jade C Ashley H	
1JB	John Paul F Chloe N	3NG	Alexandra J Rose M	5/6L	Ilenia M Alexandra S	Music/Drama Jamie E (1G) Connor W (5/6L)
2C	Carys P Antonio Z	4B	Antonio K Eddie P	5/6O	Oliver C Larissa C	
				5/6B	Annamieke B	

Term 3 - Parish School Mass – Saturday 12th August @ 5pm

This Mass will be hosted by our Year 2 & Year 3 students.

Details were emailed home to all Year 2 & Year 3 families today – or you can click on the link:

<https://goo.gl/forms/lgAsZFbSIFVROYo1>

If you do not have children in Year 2 or 3 and would like to come along, please use this link to order your sausage sandwiches: <https://goo.gl/forms/ZAVzSzv0TDw7kRzT2>

We hope that lots of families will join us to make this a special celebration of faith and a reflection of our vibrant school community.



Tuesday 8th August – Feast of St Mary of the Cross MacKillop

On Monday morning at Prayer Assembly, our Kindergarten children will be celebrating this important occasion and the Mission Team will be leading us in prayer on Tuesday morning to celebrate the day.

Mary was a wonderful role model for our Core Value of SERVICE.

“Never see a need without doing something about it”. [Mary MacKillop 1871]



SCHOOL NEWS

PUBLIC SPEAKING HEATS

Teachers and students are very much enjoying hearing the wide range of topics being covered in our Public Speaking heats this week in classes. Students have been doing so well and it has been very hard for teachers to decide on semi-finalists ahead of our Public Speaking finals next Friday. Remember, K-2 finals will be held from 9am and 3-6 finals will be held from 11.15am on Friday 11th September.

ATHLETICS CARNIVAL

A very big congratulations to GOLD for taking out first place at our Athletics Carnival. After many years of red dominance, the Gold team were very happy with their win.

Permission and information notes for children representing the school at the Northern Beaches Athletics Carnival on Thursday 17th August will be given out soon.





Parents are asked to please complete the online permission form for the Gala Days this term for Yr3 – 6.

Gala Days this term are offered in Cricket, Netball and AFL.



The Year 3-4 children will attend their day on Tuesday 19th September and the Year 5-6 children will attend their day on Thursday 21st September.



The online form can be accessed via clicking the link here – <https://goo.gl/forms/hY09Zx7STQQ0AN492> or on the home page for Year 3, 4, 5/6 or Sport page on our school Weebly.

If you are able to help out as a team manager on the day, please indicate this on the form.

ECO-GARDEN PRODUCE ON SALE!

Our newly planted produce in the Eco-Garden is growing so well, with extra special thanks to Mrs Gualtieri and 2G who learnt so much about how we can care for God's creation in our eco-garden. We plan to advertise and sell the herbs and veggies when the crops are ready (as well as using them in our canteen whenever possible). Money raised will be used to buy more seeds for crops throughout the year.

Yesterday during lunch club the children picked some lettuce and this morning it was sold before school for a gold coin donation.

See our amazing crops.

We now hope to but some carrots to plant next Wednesday at lunch.



“THAT SUGAR FILM” PARENT INFORMATION SESSION

Did you know that too much sugar can limit your child's concentration at school? Did you know that sugar can be hidden in many foods marketed as 'healthy'?

If you would like information on how to avoid excess sugar in your child's diet, please feel free to come along to a Parent Information Session at St Kevin's, Dee Why, hosted by Jody Seaton, an experienced Food Tech and Nutrition teacher. Please see flyer attached for more information.

DROP OFF AND PICK UP – A REMINDER ABOUT PROCEDURES

During drop off and pick up times each day entry is not permitted to either of the Church driveways. Witches' hats are in place to signal 'no entry' which is an important safety arrangement for the children. Several cars have been observed this week pulling into the driveway to drop children. It is important that procedures are consistently followed.

EARN AND LEARN:

St John's has registered for the 'Earn and Learn' program being run through Woolworths. Shoppers receive a number of stickers according to their shopping docket. The stickers are dropped off by parents or children to the school and then traded in for learning resources. There is a sticker collection box in the school foyer. Please see the attached flyer for more information.

Book Week Parade

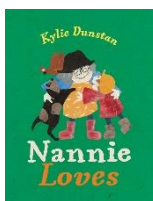


On Wednesday August 23 we will have our school Book Week Parade. Students are encouraged to dress up as a book character of their choice or to create a costume around the Book Week theme of, **'Escape to Everywhere'**. The students will wear the costume while parading with their class in front of the whole school. During this week we will also have the Scholastic Book Fair where students can purchase books.

Fr Vogt Writing Competition Extension

*Entries for the competition have been extended will be accepted from now until Monday 7th August. The competition winners will be announced during Book Week celebrations. The theme for Book Week this year is **"Escape to Everywhere."***

Nannie Loves by Kylie Dunstan



This week in Library Kindergarten to Year 4 have been reading the book Nannie Loves by Kylie Dunstan. This story shares a Sunday visit of a family with their Grandparents on their farm. Nannie loves everything on her farm, and most of all she loves her family coming to visit.

Kindergarten retold the events in the story using various props, including 'Little People' toys, puppets, pencil and paper as well as ipads.

Years 1 and 2 looked at the use of adjectives in the book and loved joining in on with the repetitive text. After reading the text they share the names they use for their grandparents and things they love to do together as a family.

Years 3 and 4 looked at the repetitive use of text structure identifying simple, compound and complex **sentences**.

Library Day

Kindergarten, Year 1 and Year 2 must bring their library bag to school on their class library day. This is a uniform expectation the same as sports uniform on sports day.

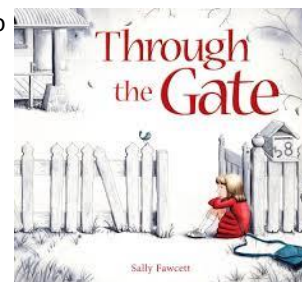
Tuesday	Thursday
1G	KB and KJ
2C	1JB
2N	2G

FAMILY LIAISON OFFICER

As trained Seasons for Growth Companion, I am always on the lookout for books that can help us and our children deal with life changes. I recently received an email about this book which we don't have in the school library, but you might find at Warringah Library or at the bookstore. We do have other titles available at the school for dealing with life changes. You can email me at: Jeanie.mcdonnell@dbb.catholic.edu.au if you would like some recommendations.

Through the Gate

A gorgeous book that we suggest for younger children who are coming to terms with change. **'Through the Gate'** tells the story of a child who has just moved house and is struggling to cope with all the changes in her life. She relates to the dilapidated house she has moved to, as she sits sad and forlorn upon its broken front step. But, as the story unfolds, the house is gradually repaired paralleling how the child's perception of her new situation improves. Each time the child passes 'through the gate', into the world beyond, she notices more of her surroundings and discovers that her new life has some wonderful things in it. The messages delivered through this story can be understood at different levels — literal and metaphorical. Nothing stays the same and difficult times will pass.



CARE PACKAGE, MESSAGES AND MEALS FOR THE MARKERS

Many of you wish to respect the family's request for privacy at this time, but also wish to help in some way. The nurse from Sydney Children's Hospital, Donna Drew who visited us two weeks ago suggested that it might be a good idea to put a care package together for the family. So we would like to offer you the opportunity to contribute to the care package by supplying a non-perishable item. This can be dropped off in the collection box at the front office or to your classroom teacher. Depending on the response from the school community, we would aim to drop off a box of care goods each week for the next couple of weeks. Items that could be donated are anything from biscuits, pasta, rice and cereals to shampoo, toothpaste or toilet paper. If you wish to include a card or personal note with your contribution, we will include these in the packages when they are delivered.

WHILE WE ARE TALKING ABOUT FOOD...

Our casserole club is also running very low. If anyone wishes to contribute a frozen meal to the casserole club this would be very much appreciated at this time. Plastic containers can be picked up from the school office.

OR ... you might like to help with the following Parish initiative.

COOKING THURSDAY



**WITH DONATIONS
OF FOOD OR MONEY**

THURSDAY 17th AUGUST FROM 9.30am

Come and help cook SOME MEALS TO FREEZE for our school and parish families in need.

We are going to have a cooking Thursday in the meeting room behind St John's church, to prepare meals for the school and parish freezers. There are currently families living through hard times with very sick children, or a loss in their family and sick parishioners who also need meal support.

We would like to **make meatballs and pasta, roast vegetables and chicken schnitzel with gravy**. Once again we will be relying on Wynne's generosity to help organize, and her collection of large pots and pans. We will need a couple of people to help collect Wynne's "stuff" at 9am and then help take it back home, (a block from school). Last time she did this all by herself and it is too much to ask.

Come and enjoy the company, help peel the vegies, stir the pot, roll meatballs or just keep the coffee on.

Ingredients to source from people who would like to help: Potatoes, pumpkin, onions, carrots, celery, **lots of tinned tomatoes**. **Donations towards** beef, pork and veal mince, chicken breasts, pasta, eggs and cheese would be very helpful. Please leave food items in the basket at St John's Church or at the parish office.

Thankyou in anticipation...Contact Toni Byrne tbyrne01@optusnet.com.au or call on 94016365

IMPORTANT NOTE: Canteen is CLOSED every TUESDAY AND THURSDAY

W4 , Term 3 Mon 7 Aug	W4 , Term 3 Tues 8 Aug	W4 , Term 3 Wed 9 Aug	W4 , Term 3 Thurs 10 Aug	W4 , Term 3 Fri 11 Aug	We require 2 volunteers each day to operate the canteen. If anyone would like to join our group of canteen volunteers, click here or email cendrine01@optusnet.com.au Canteen Coordinator: Cendrine Lambert (0435030903)
D Galuge J King	CLOSED CLOSED	M Myers C Glover	CLOSED CLOSED	A Amoroso K Ward M Ball	
W5, Term 3 Mon 14 Aug	W5, Term 3 Tues 15 Aug	W5, Term 3 Wed 16 Aug	W5, Term 3 Thurs 17 Aug	W5, Term 3 Fri 18 Aug	
K Macbeth D Macbeth	CLOSED CLOSED	M Martin J Bradley	CLOSED CLOSED	G Alessi L Oppedisano R Read	

P&F NEWS



The P&F Gazette

News and info from YOUR Parents & Friends Association



One of the most wonderful things about our St John's community is the way so many are always ready to lend a hand. We would like to say a huge thank you to everyone who assisted last Friday and for those who will be helping out at Grandparents' & Special Friends' Day tomorrow. We have also been blown away by the generous prize donations for our Trivia Night, and also to the families who have chosen to support instead via a donation on Qkr! You help out in countless ways and you help make our School the beautiful place it is. It is very, very much appreciated! Thank you ☺



7pm, Saturday 19th August Dee Why Bowling Club

Nibbles provided, drinks at club prices, BYO other food

This is our major fundraiser for the year, and it's going to be a cracker! There are only a few tables left, so please book and pay ASAP to secure your spot and give yourselves a fantastic night out with friends!

We have had so many awesome prizes donated for the raffle & silent auction – we'll be able to let you know all about them next week. The raffle will be open to the whole school, and tickets will go on sale via Qkr! soon. The silent auction will only be available to those attending on the night.

We are still seeking \$10 donations via Qkr! from families unable to donate prizes – this is to support our purchase of a travel/accommodation package. Your help will be greatly appreciated!

**The St John's
Narraweena Playgroup –
YOU'RE INVITED!**



Hooray Playgroup is back! Our wonderful new leader is Zuzana B (mum of Tommy in Year 1)

It's free and open to everyone – just come to the OOSH room next to the hall at 9am on Tuesdays in weeks 5,7 and 9. Please bring morning tea for your child/children, cuppas provided, fun guaranteed!



St John's is registered for Earn & Learn. Collect stickers from any Woolies and bring them in to the collection bin at the office (already stuck to the sheet) so we can get some new sports resources!

Reminder - Term 3 Parents & Friends Meeting – Tuesday 15th August, 7pm in the Library

Questions? Comments? Or do you have something you wish to include in the P&F meeting agenda?

Please email stjohnspandfassociation@gmail.com We'd love to hear from you!

Best wishes

Bel, Pip, Gen, Russell & Caroline

COMMUNITY NEWS

Vinnies Broken Bay Diocese Kids Camp – September 2017

WHEN: Monday 25 September – Friday 29 September 2017

WHERE: Outdoor Education NSW – Gosford Camp, Somersby

WHO: Children in Primary School aged 7-12yrs of age at time of camp

COST: There is no cost for the families (or conference) of children attending camp

RSVP: Please email Jeanie.mcdonnell@dbb.catholic.edu.au if you wish to receive application forms by **Monday 21st August**. Completed forms are to be returned directly to the Vinnies Youth Team by **12noon Monday 28 August 2017**. Details are clearly marked on the Camp Letter and Application Form. If you have any questions about kids camp, you can contact the Broken Bay Youth Team directly:

Email: bbayyouth@vinnies.org.au, **Phone:** (02) 9495 8306



As part of the Woolworths Earn & Learn program, help your class learn where food comes from, build a healthy lunch box and explore the supermarket aisles for healthier choices. Tours are led by Accredited Practising Dietitians.

Who: Children in grades 1 - 4, class size no more than 30

Where: [Woolworths Warringah Mall](#)

When: Thursdays and Fridays between 3 August and 22 September

Times:

Session 1: 10 - 11:30am Session 2: 12:15 - 1:45pm

How to book: Simply phone, text or email the contact details below to book your class in for a session. Spaces will fill out fast. Please note that pending the size of your class, your class may be split into 2 groups across the one session. Tours work best with at least 2 parent helpers required. Each school that participates will receive 100 BONUS Earn & Learn stickers.

Phone: 0437 539 044

Email: nutritionistwarringah@woolworths.com.au



The Office of the eSafety Commissioner has recently received several online complaints about compromised Snapchat accounts

THE ISSUE

Snapchat is an app that allows users to share images and videos ('snaps') with friends. Before a user can access Snapchat, they must first create an account protected with a password. Typically, content shared with friends is 'ephemeral' and is deleted a short time after being viewed.

Recently, Snapchat released a new feature – 'Memories'. With Memories, users can preserve content in a secure archive on their phone. The feature includes a section called "My Eyes Only" – a PIN protected area where explicit snaps can be stored.

The Office has learned that some students have shared their Snapchat account passwords with friends or people they've met online. This has led to unauthorised individuals gaining access to accounts, and intimate or unwanted images or videos being shared, or threatened to be shared.

In some cases, once individuals have accessed an account, they're also requesting to know the user's 'My Eyes Only' PIN. Attempting to solicit information from a person in this way is a form of social engineering.



WHAT IS SOCIAL ENGINEERING?

Social engineering is the act of manipulating people into performing actions or divulging confidential information like passwords and PINs. The attacker uses social pressure, deception or threats to influence a person into doing something against their interests. Social engineering is not hacking. Hacking involves the use of computer technologies to gain unauthorised access to systems and networks. Students sometimes use the term 'hacking' when in fact they have shared their password.

WHY IS SOCIAL ENGINEERING AN ISSUE?

Social engineering can be used to steal identities, violate people's privacy and to obtain 'high-value' information, such as intimate images. This type of cyber-threat can be subtle, and may appear as a simple request to help a friend. Spotting social engineering attempts can be challenging.

SELF-DEFENCE AGAINST SOCIAL ENGINEERING

Your child can decrease their chances of social engineering by following these steps:

- **Set strong passwords and PINs** for all devices and accounts – see more information on setting [effective passwords](#)
- Use [two-factor authentication](#) to secure all accounts, including [Snapchat](#)
- **Never give out confidential information (even to friends)** – this includes passwords and PINs
- **Treat unsolicited emails with scepticism**
- **Review account activity regularly** – most social networking sites and apps, including [Snapchat](#), allow users to see where they're logged in and what apps or tools are connected.

WHAT TO DO IF YOUR SNAPCHAT ACCOUNT IS COMPROMISED

If your child's Snapchat account is compromised, and intimate images or videos have been accessed and shared with others, follow these steps:

1. Visit [Snapchat's Safety Centre](#)
2. Click on the "Report a safety concern" button
3. Choose the "Report a safety concern" option
4. Choose the "A Snap or Chat I've received" option

5. Choose the "It contained nudity" option, or another option if more appropriate
6. Click 'Yes' for the question "Still need help?" and fill in the required text boxes – try to provide as much information as possible in the 'What information should we know?' text box. This could include information about the particular way an account was compromised, or the ways in which intimate or embarrassing content has been shared without consent.

COMPLAINING TO THE OFFICE OF THE ESAFETY COMMISSIONER

If Snapchat has not resolved your issue within 48 hours, you may be able to complain to the Office of the eSafety Commissioner.

The eSafety Commissioner will take action against cyberbullying material that is serious. Specifically, the material needs to seriously threaten, intimidate, harass or humiliate a child before we can step in. For information about the eSafety cyberbullying complaints scheme and to lodge a complaint see our [website](#).

We encourage young people experiencing cyberbullying and related issues to contact the Kids Helpline. Their counsellors are available 24 hours a day, 7 days a week, free of charge. Counsellors can also chat online at [Kids Helpline](#).

ST. JOHNS

Monday Breakfast at School for Parents



An invitation to all parents and carers to join us for breakfast and a chat.



Where: Library
Time: 8:30-9:15am
When: Mondays:
K&1 — 4th September
2&3 — 7 August
4,5,6 — 14 August

Come along and

- Meet other parents in your child's cohort
- Meet the Principal and other staff members
- Enjoy a relaxed and informal atmosphere
- Breakfast provided: Tea & Coffee, fresh Pastries

ST JOHN THE APOSTLE
PRIMARY SCHOOL
NARRAWEENA

166 Alfred Street,
Narraweena
Tel 02 9971 9297
Email:
sjan@dbb.catholic.edu.au

For catering purposes, please RSVP using the following link:
<https://goo.gl/forms/bBHoazRpHFpI5Xp4>

Too much sugar can limit your child's concentration levels at school...

and it's often hidden in many foods marketed as 'healthy' for kids



Join us for an informative
PARENT INFO SESSION ON
TUES 29TH AUGUST @ 7:15PM

At St Kevin's Primary School, 57-59 Oaks Avenue, Dee Why

Led by Jody Seaton, an experienced Food Tech & Nutrition Teacher and local Ambassador for 'That Sugar Film' who shares simple ways to avoid excess sugar in your child's diet.

Brought to you by St. Kevin's Parents & Friends
Open to ALL Parents in the Community

WWW.FOODHEALTH.COM.AU

THE BIRTH OF A GRANDPARENT

"I can still vividly recall the moment I saw our first-born walk from the birthing room with his first born in his arms. Things would forever be different for my wife Liz and I. Besides now embracing a whole new generation, we had to get our head around the fact we had someone special in common with another couple who we were just getting to know, the parents of the mother of the new babe. We were now co-grandparents to a mysterious new human being.

After half a life time of nurturing and walking with our own children, it is almost like sitting in the back seat of the family bus as the younger drivers navigate the perils and joys of parenthood.

One of the big differences in being a passenger-grandparent, is that the journey seems far less perilous and joy has expanded."

Vic O'Callaghan

A GRANDPARENT'S PRAYER

Lord Jesus, be with me as I love my grandchildren. Let your love for them flow through me, in my actions and words, thoughts and prayers.

Help my grandchildren to be carefree in youth, and to grow in wisdom and strength. Give them courage for the hardships, and gratitude for the blessings that will come their way.

Lord, bless their parents and reward them for accepting the gift of children. Bless the efforts I made to be a good grandparent. Heal the wounds in my family, and bring us all to you.

Sts Joachim and Anne, pray for us.
Amen



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WHO CAN DENY THE IRREPLACEABLE ROLE OF GRANDPARENTS IN A CHILD'S LIFE?

Children do best in life when their sense of identity is deeply rooted in the best that their family history has to offer, including its faith tradition. Grandparents are the keepers of the family history, and the foundation of cherished family traditions. They are also the ones who know the funny and embarrassing stories about mum and dad and the time to retell them to eager listeners!

How important grandparents are for family life, for passing on the human and religious heritage which is so essential for each and every society! How important it is to have intergenerational exchanges and dialogue, especially within the context of the family.

Children and the elderly build the future of people: children because they lead history forward, the elderly because they transmit the experience and wisdom of their lives.

Tips for Grandparents

KEEPERS OF THE FAITH

Even if your grandchildren don't attend Sunday Mass, you can share with them the value of an everyday spirituality.

TELL STORIES

Tell them stories of the day of their birth, their baptism day, or your own First Holy Communion or Confirmation, and favourite Easter and Christmas traditions.



PRAY FOR YOUR GRANDCHILDREN AND TEACH THEM TO PRAY

Teach them your favourite prayers eg. Jesus, I trust in you, a Morning Offering, or the Guardian Angel prayer.



GIVE BLESSINGS

Place one or two hands on the shoulders of the child and ask God to act in his or her life, in your own words. Conclude with a Sign of the Cross marked with the thumb on the child's forehead. (For the basis of this tradition, read about Jacob blessing his grandchildren in Genesis, chapter 48.)



Long Distance Grandparenting

Live remotely from your grandchildren? You can still nurture a rich and rewarding relationship with your grandchildren from afar.

EMAIL AND TEXT

Texting by phone is quick and easy, and even better if you can snap a photo or a selfie and send it to their phone or their parents' phone.



SKYPE AND FACETIME

Set up a regular Skype or Facetime date to allow for a relaxed conversation. Plan for it by collecting snippets of news, stories, or things to show.


POST LETTERS

Children love to find something in the letter box just for them. Send them a letter with stories, clippings, stickers, pictures, holy cards, silly jokes, drawings or simple recipe ideas. Visit CathFamily.org for craft and recipe ideas to share with your grandkids.

RESOURCES

CathFamily.org is full of seasonal activities, crafts, recipes, prayer rituals, Sunday Gospel meditations for kids, and more. Sign up for the weekly e-mail update.





DONATE YOUR SOCCER BOOTS TO SAVE A LIFE...

Recycle & Buyback Soccer Boots (and Help Save A Life!)

ST JOHN'S is partnering with Boots For Nets – helping supply mosquito nets for children in need to banish malaria in Africa and around the world. Helping out is easy!

Step 1:

Donate your outgrown soccer boots to the BOOTS FOR NETS bins provided at school entrance.

Step 2:

Pick up a recycled pair at the beginning of next season (Summer & Winter soccer) for \$20!

So, not only do you get to donate your child's soccer boots that they've outgrown – you'll be part of the “buyback” family, able to pick up a cheap pair of kicks for next season – helping out kids both near and far.

Get off the sideline and get involved now!

For more info see our Facebook page- Boots For Nets.

*Boots will be available on a first come, first served basis when on sale next season'

**BOOTS
FOR
NETS**

ST. JOHN THE APOSTLE

Catholic Primary School



Presents Parent Course

1-2-3 Magic and Emotion Coaching

The program supports parents and caregivers with effective strategies to help their children self-regulate and manage their emotions and behaviour. Children who have developed social and emotional skills find it easier to manage themselves, relate to others, resolve conflict, and feel positive about the world around them.

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

The logical and practical 1-2-3 Magic method can be learnt in **3 sessions**. It is easy to remember and implement especially when parents are tired or stressed.

Strategies are given for the following 3 tasks of parenting:

- ✓ Helping children to self-regulate and learn to control their own unwanted behaviour
- ✓ Encouraging social and emotional learning and self-awareness
- ✓ 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 21st, 28th August and 4th September. **Time:** 6:30-9:00pm

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

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

Booking Code: 235y8

Queries: School office 9971 9297 or
Email: sjan@dbb.catholic.edu.au



Participant Application Form - September Kids Camp 2017

Please complete this form and return it to the Broken Bay Youth Coordinator by **12noon Monday 28 August 2017.**

Email: bbayyouth@vinnies.org.au

or post to **Broken Bay Youth - Youth Reach, 12 Powells Rd Brookvale NSW 2100.**

CONFIDENTIAL- ALL SECTIONS MUST BE COMPLETED

Participant Information

Full Name: _____
First Middle Last

Address: _____
Street

Suburb State Postcode

Gender: _____ Date of Birth: _____ Age: _____ Grade: _____

Country of Birth: _____ City/Town of Birth: _____

Does the participant identify as Aboriginal? YES NO
☐ ☐

Does the participant identify as Torres Strait Islander? YES NO
☐ ☐

Parent / Guardian Information

Full Name: _____
First Last

Relationship to Child: _____

Address: _____
Street

Suburb State Postcode

Phone: _____ Phone: _____
Mobile Home

Email: _____

Additional Emergency Contact Information – MUST BE DIFFERENT TO ABOVE

Full Name: _____
First Last

Relationship to Child: _____

Address: _____
Street

Suburb State Postcode

Phone: _____ Phone: _____
Mobile Home

Medical & Behavioral Information

PLEASE NOTE: it is critical for us to be aware of any medical or behavioural concerns and for effective management strategies to be outlined/discussed with the Camp Director.

Medicare Number: _____ Date of last tetanus injection: _____

Has the participant ever received penicillin? YES ☐ NO ☐ If yes, did they receive a reaction: _____

Has the participant been diagnosed with any medical conditions? YES ☐ NO ☐ If yes, please outline below: _____

Does the participant have a disability? YES ☐ NO ☐ If yes, please outline below: _____

Is the participant taking any medication? YES ☐ NO ☐ If yes, please complete below (additional pages can be added):

Medication Name: _____

Time to be administered: _____ Strength and dosage to be administered: _____

Medication Name: _____

Time to be administered: _____ Strength and dosage to be administered: _____

Medication Name: _____

Time to be administered: _____ Strength and dosage to be administered: _____

Please note that there are strict requirements for us to be able to administer medication. It must:

- a) Be in the original packaging
- b) Be individually packed for each child
- c) Have the child's name clearly labelled
- d) Have the medication name & dosage clearly labelled (this needs to match the dosage on this form)
- e) Have the doctor's instructions and name and contact details outlined

Is the participant subject to any of the following? If yes, please outline management strategies below:

- | | | | |
|-------------------------------------|--|--|---|
| <input type="checkbox"/> Bedwetting | <input type="checkbox"/> Violent Outbursts | <input type="checkbox"/> Hyperactivity | <input type="checkbox"/> Heart Conditions |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression | <input type="checkbox"/> Asthma/Respiratory Concerns | <input type="checkbox"/> Other: _____ |

Are there any other medical or behavioural concerns? YES ☐ NO ☐ If yes, please outline below: _____

Dietary Requirements & Allergies

Does the participant have any dietary requirements? YES ☐ NO ☐ If yes, please outline below:

Does the participant have any allergies? YES ☐ NO ☐ If yes, please outline below:

Swimming Ability – what is the participants swimming ability

Beginner – has little or no experience ☐

Intermediate - able to swim 25metres unassisted ☐

Advanced - able to swim 50 meters unassisted ☐

Transport Arrangements

Will the child be using the Vinnies Bus Transport to get to the venue? YES ☐ NO ☐ If yes, please select location below:

The child will be boarding the bus at: Chatswood | Hornsby | Gosford | Wyong

The child will be collected from the bus at: Chatswood | Hornsby | Gosford | Wyong

Name of person dropping off the child: _____ Phone: _____

Name of person Picking up the child: _____ Phone: _____

PLEASE NOTE: To ensure the safety and wellbeing of participants, no other individual other than specified above will be allowed to collect the participant without parent/guardian permission.

Referral Details

St Vincent de Paul Referral

Conference / Special Work : _____

Name : _____

School Referral

School : _____

Name : _____

Other Referral

Organization : _____

Name : _____

Disclaimer and Signature

Please tick each box and sign below.

☐ PARENTAL/GUARDIAN PERMISSION

As the parent/guardian of this participant I agree that:

I give permission for _____ to participate in the St Vincent de Paul Society Kids Camp to be held at _____ on _____.

- | | | |
|---|------------|-----------|
| • I have read and understood the attached letter detailing all program activities. | Yes | No |
| • The participant agrees to respect other participants, volunteers and staff on the youth program. | Yes | No |
| • I understand that if for any reason my child is sent home or needs to leave the program that I may be required to pick them up from the program location. | Yes | No |

☐ DECLARATION

I agree that my details can be used by the St Vincent de Paul Society for the purposes of administration of the youth program and to keep me informed of future Society activities. I hereby certify that all the information included in this application is true and complete.

☐ MEDICAL CONSENT

In the case that my child requires medical treatment or in the case of a medical emergency, I consent to the Society providing first aid, treatment or where impracticable to communicate with me, to arrange for him/her to receive such medical or surgical treatment as may be deemed necessary. I have completed the medical section on this form and included all relevant information.

☐ PHOTOGRAPHY CONCENT

I give permission for photographs to be taken of my child and used during the program and deleted or discarded at the end of program.

Name of Parent/Guardian: _____

Signature: _____ Date: _____

If you have any questions or concerns about the application form, please contact Broken Bay Youth Coordinator, Kate Conroy
Email: bbayyouth@vinnies.org.au
Phone: **9495 8306**

This form is intended to be used to assist the Society in the case of any emergency, medical or otherwise involving a participant on Vincentian activities. A copy of each participant's form must be taken on each activity. The Society collects the information contained in this form to provide or arrange first aid and other medical treatments for participants. The information collected will be held in a secure place and will be made available to Society staff and medical or paramedical staff in the case of an accident or emergency. The information contained in the form is personal information and it will be stored, used and disclosed in accordance with the requirements of the Privacy Amendment (Private Sector) Act 2000.



BROKEN BAY DIOCESAN CENTRAL COUNCIL

ABN 91 161 127 340
Tel: (02) 9495 8306
Email: bbayyouth@vinnies.org.au

Dear Parent / Guardian,

The Broken Bay Youth Team are excited to announce applications are now open for the next Kids Camp! Kids Camp is a week-long program and will be held from **Monday 25 September – Friday 29 September 2017** at Outdoor Education NSW Gosford Camp, Somersby. The program is for **primary school children aged 7-12 years of age**.

Please find the application form attached to this letter – applications are to be returned by 12noon Monday 28 August 2017.

TRANSPORT

A bus will be provided to collect and return children attending the camp. You will be met at the location by volunteer staff members. Please note the following times you need to arrive at your location:

Monday 3 July 2017

Wyong Station	10:30am
Gosford Station	11:15am

Chatswood Station	10:00am
Hornsby Station	10:45am

Friday 7 July 2017

Wyong Station	11:00am
Gosford Station	10:30am

Hornsby Station	10:45am
Chatswood Station	11:30am

If your child is not using our bus for transportation, please drop them off at the venue:

Outdoor Education NSW – Gosford Camp
2180 Wisemans Ferry Road
Mangrove Mountain 2250

Drop off on Monday at 12:00 noon
Pick up on Friday at 9:30am

MEDICATION / DIETARY REQUIRMENTS / BEHAVIOURAL CONCERNS

Please ensure, if your child will be taking medication during the week, that you note these details on their **Application Form**. It is our policy that all medication is clearly and correctly labeled otherwise the medication may not be administered. This includes both prescription and over-the-counter medication (e.g. paracetamol, ventolin puffer and antihistamines). If there are any changes to the medication your child is taking, updated medication information will need to be provided when your child is dropped off for camp.

It is helpful for the staff involved to have as much information about your child as possible so that we are best equipped to ensure the children's wellbeing and enjoyment on camp. As such, please ensure any behavioural concerns, dietary requirements and medical concerns are clearly outlined on the **Application Form** with as much detail as possible. You are encouraged to also discuss these with the Youth Coordinator and Camp Director, so we can ensure your child is supported as best we can at camp.

CAMP PROGRAM

Throughout the week, your child will participate in a variety of games and activities run by volunteer & venue staff. This may include sports, craft, cooking and games as well as outdoor adventure activities. It is also common for the children to go offsite for an excursion day. If you have any concerns about your child's ability to participate in these types of activities, please contact the Youth Coordinator. It is also important to discuss with your child that the people running camp are volunteers and they want to ensure the kids have a fun and safe time at camp and need to be respected all the time but especially when they run activities, meal times and supervise cabins.

Every day in NSW & ACT the Society helps many thousands of people through Home Visitation, Migrant and Refugee Assistance, Hospital Visitation, Prison Visitation, Homes for the Aged, Family Centres, Sheltered Workcentres, Hostels for Homeless Men, Women and Children, Overseas Relief, Disaster Recovery, Budget Counselling and Youth Programs.

WHAT TO PACK

Your child will need to bring the following items with them:

- ☐ Sleeping bag or sheets and blanket
- ☐ Pillow with pillowcase
- ☐ Towel
- ☐ Underwear & socks
- ☐ Warm clothing (jumpers, long pants etc)
- ☐ T-shirts (No singlet tops)
- ☐ Shorts (long enough for a harness)
- ☐ Pyjamas
- ☐ Toiletries
- ☐ Closed-in shoes
- ☐ Spare shoes that can get wet
- ☐ Hat
- ☐ Raincoat
- ☐ Refillable water bottle

However, if providing these items is a concern for you, please feel free to confidentially contact the Youth Coordinator regarding some aid in this matter.

CONTACT AT CAMP

The Camp Director is a Vinnies staff member who attends the camp to oversee the program. Kate Conroy, the Broken Bay Youth Coordinator, will be the September Kids Camp Director. You may contact the **Camp Director** on **0478 180 235** during the camp if needed. If there are any concerns for your child during the week, the Camp Director may also be in contact with you. If you wish to discuss anything prior to camp, please contact Kate Conroy – Youth Coordinator in the office on **9495 8306**.

HOW TO APPLY FOR CAMP...

Application forms for September Kids Camp are to be sent to the Broken Bay Youth Office by email or post by **12noon Monday 28 August 2017**.

Post: St Vincent de Paul – Broken Bay Youth
12 Powells Rd, Brookvale NSW 2100

Email: bbayyouth@vinnies.org.au

PLEASE NOTE;

- We will contact you immediately to confirm that we have received your child's application.
- A follow up phone call will be made during the week of 28-31 August to inform you whether your child's application has been accepted.
- A final follow up call will be made a couple of days before camp with any final details.
- However, if you have not heard from us or wish to speak with us about your child's attendance, please feel free to contact the Youth Coordinator on 9495 8306.

Kind Regards,

Kate Conroy

Youth Coordinator & Camp Director

P: 9495 8306

NORTH CURL CURL SURF CLUB



The 2017/2018 Nippers season is fast approaching. We look forward to welcoming our new and returning nippers to a great season with sunny days and great surf.

Children can join Nippers in the U6 age group (from 5 years olds) through to the U14. Our Head of Surf Sports is the coach and leader of "Ripper Nippers" (children with additional needs).

Registration via online or at the club on Sunday September 10th

North Curl Curl SLSC coaches have over 250 years combined experience in Surf Lifesaving. Come down and meet them on registration day.

As a North Curly Nipper you are joining a club with deep traditions within the community, our goal is to build: "Champion Lifesavers – on and off the beach"

Our community spirit lies with our volunteers, who assist every day with ensuring that our children have the skills they require to be successful in and out of the water.

COACHING TEAM

Renee Nero **Beach Coach**

Accredited Level 1 Coach
Australian Golds, Silver and bronze for Opens and Age Championships
State and Branch Gold, Silver and Bronze for Opens and age Championships
Member of the Interbranch & NSW Teams
NSW Competitor for Kellogg's Nutri Grain Series

Sean Davies **Head Swim Coach**

Australian Team Captain 1994-96
Australian, NSW & QLD State Teams 1989-96
10 x Australian Open Gold Medalist 1990-2002
12 x World Title Gold medalist 1992-96

Andrew Dennehy **Junior Development Coach**

Lifeguard – 1988-96
Molokai Ski Race competitor 1998-2000
Australian National Health Ocean Ski Series 2000-06 Gold Medalist 2005-06
SLSA Masters Board Rescue 1994 Silver Medalist

Glenn Slater
Director of Surf Sports & Opens Coach
Accredited Level 1 Surf Coach
Branch representative on 7 occasions
Medalist at Australian Surf Titles in age, open and masters.
Nutri Grain competitor 1990- 1991.
Finalist at National level in board, board relay, board rescue, ski, ski relay, and taplin disciplines.

Michael Clues **Head Coach Juniors (Water)**

Accredited Level 1 Surf Coach
Northern Beaches Branch Coach and High Performance coach 2016 - present
Kellogg's Nutri Grain competitor 1988-1992
NSW Team Captain of Winning Nipper Team 1987
NSW Team Surf League Series 1988,1999
Member of Gold winning teams at Australian titles 1990-91, 1991-92
Junior & Senior National Ironman finalist
Gold, Silver, Bronze Medalist at Australian Surf Titles in Age, Open and Masters.
World Open Ski Series Winner 1998
Molokai Surf Ski Race – 5 times competitor - Winner 1998-99,2013

Blake Lovely
Junior Development Coach
Multiple Branch, State and Australian Board paddling finalist
Multiple Branch and State Medalist

Tony Williams
Opens Coach
Accredited Level 2 Surf Coach & Level 1 Surf Sports Official
SLSNSW accredited Surf Coach Assessor.
Sydney Northern Beaches Branch Coach and High Performance coach 2013 to present
NSW Talented Athlete Program Head Coach 2012 to present.
Nutri Grain competitor 1987- 1991.
Competed at Branch, State, National, & World Championships from 1975 to Present.

North Curl Curl SLSC - "Building Champion Lifesavers – On and Off the Beach"

Look out for the REGISTRATION details in coming weeks

