



ST JOHN'S NEWS

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Issue No 24– 10th August 2017

PRINCIPAL NEWS

Dear Parents,

We will be celebrating our monthly school family mass with the Parish this Saturday evening (August 12th) at 5 pm. Years 2 and 3 will be hosting this time and, as always, all families are welcome to attend. The occasions bring us together as a Parish; families of faith gathered as one. The usual hospitality will be provided at the end of mass outside the hall. Our recent Grandparents and Special Friends Day was another very positive community experience that brought families together in our Church and school. Our appreciation is offered to Years 5 and 6 families for providing afternoon tea; to all parent helpers for set up, service and pack up duties and to our organising teacher committee for their preparation of the liturgy which began this year's event.

It was a pleasure to introduce our new Parish Administrator, Father Reinaldo Vassoler to our School Advisory Council on Tuesday evening. Father Reinaldo talked to us about his work as a Scalabrinian priest and the experiences he has had doing God's work in a number of different countries. He will be assisted in the Parish by Father Francis and Father Norberto and the three priests are keen to work as a strong pastoral team within our Parish. All priests are in residence at Dee Why but are working with us to ensure regular contact with our staff and children at weekday masses and school visits.



In other news, our teachers have been working hard on embedding social and emotional learning (SEL) into their classrooms as a result of our teacher professional learning sessions which are held each Wednesday after school. We are using a tool (the SEL Continuum) to identify the skills that each child demonstrates in terms of self-awareness, responsible decision making, self-management, social awareness and relationship skills. The tool helps us to identify particular strengths and needs on an individual, class and school basis in these areas.

We can then design learning experiences with the children to support their SEL learning. It is helpful for parents to be aware of the five areas. They can provide an understanding about children's behaviour and responses to various situations as well as ideas on how to build resilience. The following

link to a film clip explains each of the areas mentioned <https://www.youtube.com/watch?v=pWZeR1bB038>

Lastly, following class public speaking sessions, our Fr Jim McKeown Public Speaking finals will be held in the school hall tomorrow with K-2 children speaking before recess (9-10:45 am) and Years 3-6 after recess (11:30-1:00 pm). Congratulations and good luck to all our public speaking finalists.

Best wishes for the week ahead

Mark Bateman – Principal

DIARY

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>Parent Breakfast</i> Years 4,5,&6 8.30-9.15am	<i>Feast of the Assumption 9.15am</i> <i>Whole School Mass</i> <i>ICAS Maths</i>		<i>Northern Beaches Athletics Carnival</i>	<i>Kinder Excursion - Zoo</i>	<i>P&F Trivia Night @ Dee Why Bowling Club</i>
Week 6, Term 3 Mon 21 Aug	Week 6, Term 3 Tues 22 Aug	Week 6, Term 3 Tues 23 Aug	Week 6, Term 3 Tues 24 Aug	Week 6, Term 3 Tues 25 Aug	Week , Term Sat/Sun 26/27
<i>1-2-3 Magic & Emotion Coaching</i> 6.30-9pm		<i>Book Week Parade 8.45am</i> <i>Kinder 2018</i> <i>Parent Information Evening 6.30-8pm</i>			

IMPORTANT DATES FOR THE DIARY

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 28th August (W7)

Play to Learn (Session 1) 9.15-10.30am

1-2-3 Magic & Emotion Coaching 6.30-9pm

Friday 1st September

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

Play to Learn (Session 1) 9.15-10.30am

Monday 4th September

Parent Breakfast K & 1 8.30-9.15am

1-2-3 Magic & Emotion Coaching 6.30-9pm

Friday 8th – Sunday 10th September

Future Ready Conference for Parents –

Further details & Registration via the following link below

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: No Merit Awards this week due to Public Speaking finals

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

PUBLIC SPEAKING FINALISTS

Kinder	Tobias P Zali	Year 3	Nicholas C Charlotte C	Year 5	Lucinda B Anna P
Year 1	Sophia H Pierro V	Year 4	Camila G Tahlia B Braxton V	Year 6	Monique R Larissa C
Year 2	Victor K Christopher A Dominic Y				



CELEBRATING THE FEAST OF ST MARY OF THE CROSS (MARY MACKILLOP)

Thank you to our Kindergarten children for beginning our week with a beautiful prayer assembly on Mary Mackillop – reminding us of the different ways we can ‘see a need and do something about it’!

Our Year 6 Mission team led us in a lovely liturgy on Tuesday morning, the feast day of our first Australian saint, and shared memorable quotes from Mary throughout her life as a disciple of Jesus.

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

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

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 15th August – Feast of the Assumption



Tuesday 15th August is the Feast of the Assumption.

The Assumption celebrates the Christian belief that Mother Mary was “assumed” into heaven – body and soul - at the end of her life.

This day is actually a holy day of obligation and the whole school will be going to Mass with the parish at 9:15am. You are very welcome to join us.

Bishop’s Art Prize

Thank you to all of the talented children who entered this year’s competition.

It is always a joy to see their creativity and how they can connect their art and their faith.

We are in for a tough time deciding on the finalists who will be submitted to the Diocesan competition. We wish we could send you all!



Re: Changes to the management of overdue school fees

The management of overdue school fees within the Diocese of Broken Bay will be centralised at the Catholic Schools Office located at Pennant Hills. The new arrangement will be a staged implementation across all schools, and will impact St John’s, Narraweena from 14th August, 2017.

This will ensure a consistent approach to managing overdue school fees across Broken Bay systemic schools, and reduce operating costs following recent funding changes.

The Fees Liaison Team has recently been established at the Catholic Schools Office. Impacted families will be contacted by a team member to discuss payment arrangements. In the meantime, families who wish to discuss their situation can contact the team as below.

Fees Liaison Team

Telephone: 9847 0728

Email: schoolfees@dbb.org.au

SEL COMPETENCIES

As mentioned in the Principal’s News, our teachers and students have been focussing particularly on the development of Social and Emotional Learning, Wellbeing and social skills. Around the classrooms this week you would have heard many conversations about our feelings, about how we work with each other to solve problems, how we recognise body language and facial cues, and lots of other interesting investigations into SEL. We encourage you to talk with your children about what they have learnt, and continue this conversation with them. Some more information on each of the competencies is below:

<p>Self-awareness</p>		<p>Self-management</p>
<p>The ability to accurately recognise one’s own emotions, thoughts, and values and how they influence behaviour. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset.”</p> <ul style="list-style-type: none"> • Identifying emotions • Accurate self-perception • Recognizing strengths • Self-confidence • Self-efficacy 		<p>The ability to successfully regulate one’s emotions, thoughts, and behaviours in different situations - effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals.</p> <ul style="list-style-type: none"> • Impulse control • Stress management • Self-discipline • Self-motivation • Goal-setting • Organisational skills
<p>Social awareness</p>	<p>Relationship skills</p>	<p>Responsible Decision-making</p>
<p>The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behaviour and to recognize family, school, and community resources and supports.</p> <ul style="list-style-type: none"> • Perspective-taking • Empathy • Appreciating diversity • Respect for others 	<p>The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed.</p> <ul style="list-style-type: none"> • Communication • Social engagement • Relationship-building • Teamwork 	<p>The ability to make constructive choices about personal behaviour and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others.</p> <ul style="list-style-type: none"> • Identifying problems • Analysing situations • Solving problems • Evaluating • Reflecting • Ethical responsibility

<http://www.casel.org/core-competencies/>

KINDERGARTEN 2018

There are a few vacancies available in next year's Kindergarten following some movement in our acceptance list for 2018. A parent information and workshop evening is planned for Wednesday August 23rd beginning at 6:30 pm in the school library for all Kinder 2018 parents. The evening will provide a context for our transition to school sessions (*Play to Learn*) and will help prepare parents for the sessions.

YEAR 2 EXCURSION

"Yesterday 2G went to the Coastal Environment Centre. We walked to the beach and collected some shells and made a sand castle. Then we ate lunch. Next we made a filter to check how clean the water was. We found that the water was cleaner. We played bull-rush on the grass. Last of all we came home on the bus." by Monique

"The first activity was to design a filter. The water had a lot of pollution in it; the cloth collected heaps of sticks in the coke bottle. We made the water cleaner."

The second activity was coastal bird watching, I saw a lot of birds like pelicans and seagulls - we used binoculars. The coastal bird watching was very, very fun.

The third activity was storm water investigation. When Fran poured out the water (which acted like rain) on the 3D map the oil went racing down the hills into the ocean." By Benjamin



SEASONS FOR GROWTH

The 'Seasons for Growth Program' is offered to St John's children each year. It is a peer support process where young people can explore and understand what happens when they experience significant change and loss in their lives eg **parental separation, divorce, death or the passing away of someone that they were close to**. It is a program that follows the four seasons and it incorporates different forms of learning eg prayer circles, reflective art activities, discussions, dance, singing etc. Children learn about change and how this is a natural part of life and that there are others who often experience similar changes.



The Seasons program will be run during Terms 3/4 for a period of eight weeks. It is run by parents/teachers who have received special training in the use of this program. **It is recommended that the program be offered to the children a year after the loss.** If you think your son or daughter would benefit from the 'Seasons' program we would encourage you to talk to them about this. Should he/she decide to participate please contact your Classroom Teacher or Liz Rath at school by Friday 25th August, 2017.

LIBRARY

Book Week Parade



On Wednesday August 23rd 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.

Scholastic Book Fair

On Tuesday August 22nd until Friday August 25th we will have our school Book Week Book Fair. There are plenty of books to buy starting from \$5.00. It will be open from 3.05pm until 3.45pm on Tuesday afternoon; Wednesday from 8.10am until 8.40am and again after school from 3.05pm until 3.30pm. It will be open again on Friday before school from 8.10am until 8.30am.

Chip by Kylie Howarth



This week in Library, Kindergarten to Year 4 have been reading the book "Chip Loves" by Kylie Howarth. This story follows the antics of a determined sea gull as he seeks his favourite food.

The students looked at how sea gulls natural environment and food sources have been affected by human population. They also looked at the aerobatic feats of the gull and made paper planes to try to perform their own aerobatic displays.

FAMILY LIAISON OFFICER

1-2-3 Magic and Emotion Coaching

Monday 21st, 28th August and 4th September – 6:30-9pm – School Library

If you haven't had the chance to attend a 1-2-3 Magic and Emotion Coaching seminar during your time as parents at St John's, then please feel warmly invited to join us this term. This course is highly popular with parents, which is why we offer it several times per year. This will be the last chance to join in 2017; we won't be able to run it again at St John's until 2018. At the end of the 3 evenings, you should be able to help your children with self-regulation and self-awareness which are two of the main building blocks to being socially competent. (See the school Weebly for more information on Social and Emotional Learning: <http://stjohnsnarraweena.weebly.com/wellbeing.html>). All dates and time details are in the attached flyer, including how to register.

Parent Breakfast - Reminder

Parent Breakfast: Years 4, 5, 6 (Monday 14th August)

Parent Breakfast: Years K&1 (Monday 4th September)

Please rsvp using the link:

https://docs.google.com/forms/d/e/1FAIpQLScZA0t9gQE6pGONTz4pYMPWr2sE5MDpCNBSchsTL9TIY3of8gw/viewform?c=0&w=1&includes_info_params=true

Future Ready - Conference for Parents

For the first time, our own Diocese of Broken Bay is hosting the Council of Catholic School Parents Annual Parent Conference here on the Northern Beaches in Manly. There is a fantastic line up of expert speakers to help us understand which skills our children will need to be "Future Ready". The conference runs over 3 days, but it is possible to visit for individual speakers. In parallel there is a "Kids Conference" where the children can engage in activities such as coding and robotics, circus and magic.

Friday 8th - Sunday 10th September – Further details and registration via the following link:

<http://www.brokenbayparentcouncil.com/2017-parent-conference.html>

Helicopter Parenting

I read this really good article on Helicopter Parenting this week as it landed in my Facebook newsfeed. As a parent myself, I found this article useful as it is often too easy to do too much for our children because we love to help them. It serves as a reminder that sometimes less is more: http://www.huffingtonpost.ca/marcia-sirota/helicopter-parents-employment_b_16329884.html

Vinnies Youth Camp - Term 3 Vacation

Vinnies is running another Youth Camp during the term break from 25th-29th September. These camps are free of charge to the parents if you are lucky enough to get a spot; I understand they are highly sought after. The last camp had 37 children. I know

some children who have been to several of these youth camps over the years and they really love them. Here is an excerpt from the email I got about the last camp:

"We had 37 kids and 18 volunteer leaders enjoy a week of fun and friendship, the kids had a very busy and fun week, we did archery and rock climbing, had a magic show and a visit from a ranger with some of her reptiles, we had a movie night and a trivia night, and played lots of sports games outside as we were blessed with very nice sunny weather for the full week!"

If you think your child might like to join the camp then please see last week's newsletter for the forms which must be returned directly to the Broken Bay Youth Team by noon 28th August.

You can contact me per email or the Vinnies Youth Team directly if you have any questions: Kate Conroy – Youth Coordinator in the office on **9495 8306**.

Jeanie Mc Donnell

Family Liaison Officer

CANTEEN

IMPORTANT NOTE: Canteen is CLOSED every TUESDAY AND THURSDAY

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	<p>We require 2 volunteers each day to operate the canteen.</p> <p>If anyone would like to join our group of canteen volunteers, click here or email cendrine01@optusnet.com.au</p> <p>Canteen Coordinator: Cendrine Lambert (0435030903)</p>
L Rourke G Ferris	CLOSED CLOSED	M Martin J Bradley	CLOSED CLOSED	G Alessi L Oppedisano R Read	
W5, Term 3 Mon 21 Aug	W5, Term 3 Tues 22 Aug	W5, Term 3 Wed 23 Aug	W5, Term 3 Thurs 24 Aug	W5, Term 3 Fri 25 Aug	
K Clemesha S Formosa	CLOSED CLOSED	B Gunasti C Turner M Boulos	CLOSED CLOSED	C Miller H Baumann M Southan	

COMMUNITY NEWS

FREE SCREENING – BAG IT – SAVE THE ENVIRONMENT!

One of our Year 6 parents works at Castle Cove Family Dental and has very kindly extended an invitation to a FREE FILM SCREENING of "Bag It" on Tuesday 12th September 2017. Guest speaker Anthony Hill from Plastic Pollution Solutions (<http://www.plasticpollutionsolutions.com.au/>) will be speaking before the film and holding a Q&A after.

Castle Cove Family Dental have invited patients and their families to attend, along with the local community and our St John's family. They are giving away one boomerang bag (one per family) who attend on the night as a thank you for attending. They have also asked for you to bring in any unused material that can be donated to Boomerang Bags on the night.

Along with the screening, there will also be some wonderful exhibitors attending on the evening - these include OzHarvest, Shoes for Planet Earth, Thermomix, Pure Free Water bottles, Boomerang Bags, The Source Willoughby; all wonderful contributors to helping save our planet.

Additionally, Castle Cove Family Dental have begun a recycling collection program for oral care products linked with TerraCycle. Old toothbrushes, empty toothpaste tubes, empty floss containers and toothbrush packaging can be dropped off in the labelled bucket in the school foyer. This will be passed onto the Dental surgery who will send it onto Terracycle for recycling. See more information regarding Terracycle and the oral care recycling program on attached flyer.

I know that many of our St John's family recently watched the ABC's War on Waste documentary. Our Year 3 students have also been reforming our rubbish collection at St John's and helping us to separate our rubbish from the many things that can be recycled in our school lunches and canteen orders. Getting involved in ways to cut down on our use of plastics seems to be the next step in our journey to being more aware of our environment and reducing our impact.

Call 9417 7222 or email info@castlecovedental.com.au to secure your seats. Get in quick!



The P&F Gazette

News and info from YOUR Parents & Friends Association



Only 9 more sleeps!

7pm, Saturday 19th August, Dee Why Bowling Club

Nibbles provided, drinks at club prices, BYO other food

What you need to know

Tickets – last minute purchases need to be made ASAP via Qkr! At this stage all tables have been allocated, but we can still squeeze in a few more! Paid for tickets will be coming home soon with your eldest child.

Prizes – there are thousands of dollars of prizes to be won! We'll have novelty games, an auction and a silent auction of the night, plus will be drawing 20 raffle prizes *****see full prize list below! *****

The raffle is open to the whole community (i.e. you don't have to be there on the night to win)! Tickets will be available to purchase from Friday this week via Qkr!, before and after school under the clock in the assembly area, and of course on the night. A huge shout out to our raffle ticket selling volunteers too 😊

REMINDER - Term 3 Parents & Friends Meeting

Tuesday 15th August, 7pm in the Library – all welcome – refreshments provided!

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!

The CRUNCHTIME Canteen News Update



Reminder – placing & cancelling lunch orders on Qkr!

Always hit **SUBMIT** when placing an order as well as ensure you receive a receipt

Orders must be submitted fully before 8.30am on the day or they will not be accepted

Remember you can always cancel a lunch order on Qkr! should the need arise... Here's a quick recap,

1. Sign in to your Qkr! account and scroll to the 'my receipts' section
2. Select the eReceipt for the order you wish to cancel
3. You will see a red circle containing the "minus" symbol beside your child's photo. Tap this, and a pop up box will appear asking if you wish to proceed. Tap 'Yes'
4. If your eReceipt contains food orders for more than one child, you will need to cancel one by one.
5. Cancelling before the 8.30am cut off time is essential

Best wishes

Bel, Pip, Gen, Russell & Caroline

TRIVIA NIGHT

Prizes to be won (not including prizes for Trivia winners, and other novelty games and events on the night.!)

- Please note this list may change slightly in the coming week.

Silent Auction Items (bid on the night)

Miele vacuum cleaner (valued at \$520)
 Blackmores hamper (valued at \$150)
 Xtend Barre 1 x 10 class pack (valued at \$240)
 Aerial Antix drone photo shoot (valued at \$300)
 12 x Piggs Peake Wines (valued at \$580)
 1 x Angel Tepees party pack (valued over \$500)
 Round of golf at Cromer Golf Course for 4 people (valued over \$400)
 Ready Steady Go term voucher (valued at \$190)
 Beacon Hill Youth Club gymnastics term voucher (valued at \$200)
 Mymoovit collapsible trolley (valued at \$155)
 Vision personal training voucher (value \$400)
 Hair voucher - The Salon Alternative (value to \$200)
 Revolution tennis 10 x private lesson and adult tennis racquet (valued at \$700)
 Tooth Sparkler sports mouthguard (valued at \$250)
 1 x Tooth Sparkler tooth whitening package (\$450)
 Professional Landscape Print
 In2Swim -3 months weekly lessons (\$228)

Live Auction Items (bid on the night)

1. School holiday survival pack

Manly Surf n Slide day pass (valued at \$40)
 Skateboard, Pittwater Sports Centre day pass (valued at \$97), Hoyts movie vouchers
 Le Hair Chateau voucher (valued at \$50)
 Cleaning voucher (valued at \$50)
 The Little Alchemist Brewing Co 6 pack beer & t-shirt,
 Bottle of red wine

2. Principal for the day!!!

Raffle Prizes – Can buy online via Qkr! before and after school from Friday 11th August (under the clock in the assembly area) and on the night

Tooth Sparkler Professional Teeth Whitening Kit – value \$450
 Revolution Tennis Racquet & 1 term of lessons – value \$210
 Cake Pop Voucher – value \$150
 Le Hair Chateau professional hair dryer – value \$100
 Miguel Mastre Paella Kit – value \$60
 Dee Why Hotel voucher – value \$50
 Stowaway Bar voucher – value \$50
 Stowaway Bar voucher – value \$50
 Wine & Glasses pack – value \$50
 Wildwater Restaurant voucher – value \$50
 The Beach Shed Dee Why – value \$50
 Xtend Barre 2 Week Pass – value \$49
 Xtend Barre 2 Week Pass – value \$49
 Xtend Barre 2 Week Pass – value \$49
 Manly Surf n Slide day pass – value \$40
 Austrian Beer Bar voucher – value \$40
 Le Hair Chateau Luxury Hair Care Pack – \$30
 Dee Loft Thai Restaurant voucher – \$30
 Dee Loft Thai Restaurant voucher – \$30
 Dee Loft Thai Restaurant voucher – \$30

And a huge thank you to our sponsors and supporters, including





Castle Cove
FAMILY DENTAL
Providing quality
dental care for
the whole family



**Castle Cove Family Dental
presents a free film screening**



When: Tuesday 12th September 2017 from 6.30pm



Where: Uniting Church Hall 10 Clanwilliam St, North Willoughby

purefree®

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**

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>



Hi everyone

I am pleased to let you all know we have a new date for my bike ride.

It will now be taking place on Sunday 27th August.

If you have already sponsored me thanks very much, I really appreciate it. If you haven't and would like to there is still time before I do the ride. Just to remind you all I am doing this ride to raise money to help kids with cancer. I will ride approximately 25kms with 100 other kids who also would like to raise money for this fantastic cause. This is something very close to my heart, and now I want to help other kids and their families deal with cancer and give them the support they need.

If you would like to sponsor me, any amount, big or small, would be amazing and will be very much appreciated by all the families out there going through this.

The link to sponsor me is [Tour de Cure—Khyla](#)



We are very excited to announce we are now involved with TerraCycle

Oral Care Recycling Program



See the picture above for what you can send in through this Brigade. Then, when you have finished using your toothbrushes, toothpaste tubes and caps, toothbrush and toothpaste outer packaging and floss containers send them in to TerraCycle to be recycled.

Colgate Oral Care Brigade accepted waste: Any brand

1. Toothpaste tubes and caps
2. Toothbrushes
3. Toothbrush and toothpaste outer packaging
4. Floss containers

 

We are now collecting any brand of used toothpaste tubes, toothbrushes, plastic toothbrush packaging, interdental brushes, wisps, pumps, stand up toothpaste bottles and any kind of non-electric toothbrush or toothpaste tube and all affiliated non-recyclable packaging

Once collected, the tubes and brushes are separated by composition, shredded and melted into hard plastic that can be remoulded to make new recycled products.

In order to recycle this waste stream properly, please make sure all excess product has been removed (i.e. leftover toothpaste or floss). Additionally, if you choose to rinse your product, please note that it must be completely dry when placed in the collection bin.

Drop off your items at the Surgery – bring them to your next visit!

Help us reduce landfill

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**

