



ST JOHN'S NEWS

166 Alfred Street, Narraweena NSW 2099

T: 02 9971 9297 F: 02 9971 2157 E: sjan@dbb.catholic.edu.au W: sjandbb.catholic.edu.au

Issue No 5– 1st March 2018

PRINCIPAL NEWS

Dear Parents

Incredibly we are just about at the half way point of Term 1. The children are well into their learning programs and class routines are well under way. Many of our firsts for the year have been held including information evenings, Parents and Friends meeting, our Class Parents are in place, all of our extra curricula activities are now underway, the Parish based sacramental program is underway and our first community social and welcome event, **The St John's Bush Dance** is about to be held this Saturday evening. When you stop and think about the above, it takes the cooperation and good will of so many people to get all of these things in place.

We have a generous, helpful community here at St John's and it is a joy to see it in action.

Tonight hundreds of teachers from across the Diocese of Broken Bay will gather for the beginning of year Staff Mass led by Bishop Peter Comensoli. The Mass will be held at the Light of Christ Centre at Waitara. Gathering at this event helps to centre us as staff in Catholic schools on our central purpose – **to work with you in the education and formation of young people in Catholic discipleship by giving them experiences of following Jesus within their own communities**. It is the experience part of that statement within their communities that calls us all to action, not lip service. I see so many examples of outreach and compassion from our children and families, that I do feel this statement is in place in many ways.

Catholic schools do have a different purpose to our government schools. We provide an alternative that is Christ centred, faith based as well as being focused on quality teaching and learning. Our school works best when we work together with a common purpose and your P&F and School Advisory Council support this wholeheartedly. Our first 2018 Open Morning is fast approaching, March 12th and we look forward to opening the doors to prospective new families in our area to explore our difference with them. A repeat session will be held March 29th and we are encouraging our sibling families to enrol.

Let's keep working together to make St John's the best Catholic school it can be. Linked is an Insight article from Michael Grose article with practical ideas for parents on building a connection with the classroom. Michael is a well-recognised Australian expert in parenting.

<https://drive.google.com/file/d/1smmZA354gezOzbG9FXwkpI40ChTqj0nA/view?usp=sharing>

Mark Bateman – Principal



Change in staffing:

Our Senior Administration Officer, Suzanne Franks will be finishing up at St John's at the end of Term One.

Suzanne has worked diligently at her role for the past 15 months and we have very much appreciated her hard work, her support and the interest she has shown in our school and community as a staff member at St John's. She will be taking some time to visit family and friends overseas before returning to the workforce.

Our sincere best wishes to Suzanne for her trip away and for the future. We will be advertising for a Senior Administration Officer in coming weeks.

DIARY

Week 6 Term 1 Mon 5 Mar	Week 6 Term 1 Tues 6 Mar	Week 6 Term 1 Wed 7 Mar	Week 6 Term 1 Thurs 8 Mar	Week 6 Term 1 Fri 9 Mar	Week 6 Term1 Sat/Sun 10/11
		<i>Year 3 Mater Maria Links Day</i>	<i>Bishop and Yr 6 Leaders Day (Captains)</i>		<i>Family Mass (Kinder & Year 5 hosting)</i>
Week 7 Term 1 Mon 12 Mar	Week 7 Term 1 Tues 13 Mar	Week 7 Term 1 Wed 14 Mar	Week 7 Term 1 Thurs 15 Mar	Week 7 Term 1 Fri 16 Mar	Week 7 Term1 Sat/Sun 17/18
<i>Wellbeing Week</i> <i>Open Day 9.15- 10.40am evening 6.30-8pm</i>	<i>Wellbeing Week</i> <i>St John's Playgroup 9-11am 1-2-3 Magic 6.30-9pm</i>	<i>Wellbeing Week</i>	<i>Wellbeing Week</i>	<i>Wellbeing Week</i>	<i>Wellbeing Week</i>

IMPORTANT DATES FOR THE DIARY

Tues 20 & 27 March

1-2-3 Magic and Emotion Coaching (Session 2 & 3)

6.30-9pm

Thurs 29 March

Open Day morning 9.15-10.40am evening 6.30-8pm

Tues 27 March

St John's Playgroup 9-11am

Tues 21 and 27 March

Year 3 boys visiting St Paul's College Manly

Tues 3 April

Staff Development Day

Thurs 5 April

St John's Cross Country

Sat 7 April

Family Mass (Year 1 & Year 6 hosting)

Fri 13 April

Last Day of Term One

AWARDS



**FRIDAY MORNINGS – 8:45am Kindergarten – Year 2, FRIDAY AFTERNOONS – 2:40pm Year 3 – 6
STRENGTH & GENTLENESS will be presented on MONDAY mornings during Prayer Assembly**

Strength & Gentleness		Chloe F (5/6NF) Elisa C (5/6NF)				
KC	Willow B Evie B Jamie M	2R	Matilda B Aaron “Coddie” D	4SC	Lachlan H Kai K	Sport Xavier S (4SC)
KG	Jack H Imogen S	3B	Madeline K Darcy M Rosie S	5D	Domenic C Alessia L	
1B	Oscar K Fletcher M	3O	Koby B Lewis F	5NF	Oliver L Piper M Charlotte Y	Library Violet Mc (KC) Nelson D (4B)
1G	Harrison D Emery H Emmeline R	3R	Lennox D Annika H	6DI	Lucinda B Ruby K	
2N	Monique C Blake W	4B	Amelia H Chiara M Aurora P	5/6B	Annamieke B	Music/Drama Isaac M Charlie L

SCHOOL PARISH MASS – SATURDAY 10TH MARCH 2018 @ 5PM

This Mass will be hosted by our Year 5 students and our Kindergarten students but everyone is welcome to join us and make this a joyful celebration of our faith.

If you do not have a child in Kindergarten or Year 5 but would like to join us for the sausage sizzle after Mass please let us know via the following google form:

<https://goo.gl/forms/VkewIBATMJfvXhMp1>



LENT – PRAYER, FASTING AND GIVING

Lent can have overtones of New Year. We make promises to ourselves about becoming better people. If you haven't really made a difference for Lent yet...then it's not too late!

One of the Lenten traditions is that we change something in our prayer life – that we take the time to connect with God on a regular basis. Perhaps you might consider joining us for our school Parish Mass on Saturday 10th March, you could introduce grace before meals during Lent or maybe it's praying together as a family before the day starts or as the day ends. It could just be spontaneous pray when you see something beautiful or feel grateful for someone or something.



Fasting is an interesting one. It certainly has connections to self-denial, which is why many people give up chocolate! That can help to strengthen our self-control and is a conscious reminder that keeps Lent in our thoughts – *that's* why I can't have that piece of chocolate. We could also think about it as denying ourselves something to make the world a better place – giving up the car and walking or giving up plastic. We might also think about becoming better people and more Christ-like by giving up gossip, giving up complaining or giving up jealousy.

Almsgiving is about reaching out to others – to those in need. Supporting Project Compassion financially is certainly an important way to do that (see news from our Mission Team below) but it might also mean reaching out closer to home: inviting an elderly neighbor for a meal, visiting someone who is in hospital or a nursing home or helping a new mum with the shopping.

Our New Year resolutions are usually quite “selfish” in terms of self-improvement. Lent can also be a time of self-improvement but one that should also improve the world for those around us – a time to strengthen ourselves and God's kingdom.

Mission team newsletter

This term the mission team are doing the important job of promoting many ways to raise money for Project Compassion. We think that the need of donating to the less fortunate is a very important matter.

DONATE NOW because babies, children and adults lives are at risk.

But that will come to an end if you spare a coin into the Project Compassion box.

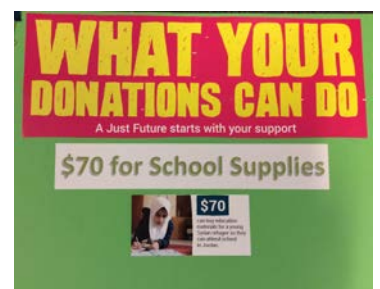
We are focusing on raising money for children who are refugees from Syria to buy them equipment so that they can go to school.
Every \$70 allows one more child to go to school.



!!!! DONATE NOW !!!!

A message from the Mission Team

Maegan, Dylan, Luke, Lucia, Nikita and Shamro



THE BIG CRUNCH

VEGIE CRUNCH DAY

On **Thursday 1 March at 10am sharp**, 330 students from St. John the Apostle School, Narraweena joined thousands of other primary school students from across NSW to crunch on vegies together.

We were part of an attempt to break the previous record of 29,067 students crunching vegetables simultaneously. At the same time this experience increased students' knowledge, exposure and positive attitudes towards the vegetables.

Katie Booth from the Healthy Kids Association, who is the manager of Vegetable Week & the Big Veggie Crunch program, says that fun, interactive, school-based campaigns such as Vegetable Week & The Big Veggie Crunch can help to influence the variety and amount of vegies kids choose to eat. St John's daily Crunch and Sip program is another way our children receive positive messages about a healthy diet. Thanks to our families for supporting us with Veggie Crunch Day and Crunch and Sip!

More information can be found at:

<http://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/>



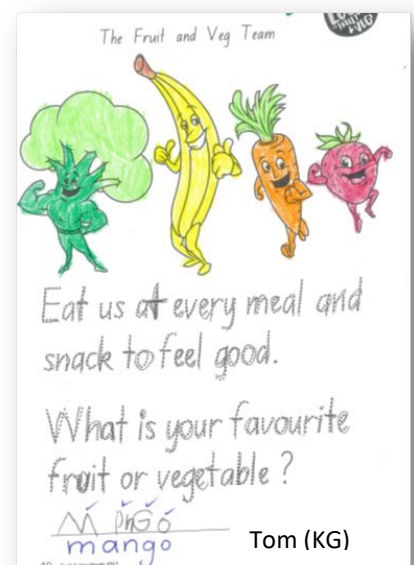
Reggie Veggie - Alexia (KG)



Fruit and Veg Power

Fruit and vegetables are very important because they are full of nutrients to hydrate and energise our body. They also play a big roll to cleanse and detox. You can eat more veggies by trying to hide veggies eg: hiding them in scrambled eggs, or in your porridge. And make sure you're having fun and feeling great when eating your food!

Piper M (5NF)



TOUR DE CURE ASSEMBLY

Students enjoyed a little bit of stretching, some insight into how we can look after ourselves, and some VERY LOUD SHOUTING about how we can BE HEALTHY, BE HAPPY and BE FIT. Geoff and his team from Tour de Cure came to tell us a bit about the work they do – visiting schools and communities and encouraging a healthy lifestyle and raising awareness about cancer prevention, whilst also helping to raise millions of dollars for cancer research through their bike rides all around the country.

Geoff brought lots of goodies for our students; handballs and stickers and more! He also presented Kyla (Yr 4) with a bike as part of her amazing fundraising efforts last year on behalf of Tour de Cure. Congratulations Kyla!

To find out more or to support this worthy cause, please visit <http://tourdecure.com.au>



BUSH DANCE



Mr Frazer and his banjo have been getting some toe-tapping and finger-snapping from our St John's students as they have been preparing for the St John's Bush Dance this Saturday night.

Have they showed you how to Heel and Toe Polka?

ICAS 2018

2018 ASSESSMENT DATES



**DIGITAL
TECHNOLOGIES**
8 MAY



SCIENCE
29 MAY



SPELLING
13 JUNE



WRITING
14 JUNE



ENGLISH
31 JULY



MATHEMATICS
14 AUGUST

St John's students can participate in ICAS Assessments again this year. ICAS is an annual skills development assessment program in key areas of learning for students in Years 2–12; assessments are available in Digital Technologies, English, Mathematics, Science, Spelling and Writing. If you are interested in your child competing in the ICAS assessments, please complete and return the Parent Permission letter attached to this newsletter by Friday 16th March.

Please note – Spelling will be held on Tuesday 12th June (not Wednesday 13th). All tests will be held in St John's library beginning promptly at 8am. Students need to bring their own pencil, rubber and sharpener, and also a ruler for Maths.

NORTHERN BEACHES SWIMMING CARNIVAL

Thank you to all the swimmers that represented our school at the Northern Beaches Swimming Carnival and to the parents who helped out on the day.

Congratulations to the senior girls relay team (Lucinda & Bonnie in 6DI and Hayley and Tahlia in 5D) and also to Andie (5NF) for making it to the Diocesan Carnival at Tumby Umbi which is next week on Thursday.

We all wish them good luck and hope they perform well at their next carnival.
By Joel, Lucinda, Max, Mikayla and Bonnie



IT'S CRUNCH TIME AT THE CANTEEN

STOP PRESS:

The canteen will be open tomorrow (Friday) at lunchtime. All purchases will be over the counter (no online ordering).

Snacks

GF Red Rock Deli Chips Plain \$1.00
GF Mamee Rice Sticks \$1.00
GF Mamee Cornitos \$1.00

Drinks - \$2.00

100% Fruit Juice
Grape, Raspberry

Frozen Treats

Frozen Orchies – 80c
Icy Bites - 50c
Icy Pops – \$1.20
Moosies \$1.00
Frozen Yoghurt \$2.00
Juicies \$1.00
Frozen Slushies \$1.50

ENROLMENTS FOR 2019 – SPREAD THE WORD



Enrolments are open for Kindergarten children for 2019. Interest in other grades is welcome. We will be holding Open Mornings and Evenings this year for interested families. Dates and time are as follows:

St John's Open Mornings – Monday March 12th and Thursday March 28th, 9:15 am – 10:40 am. Open Evenings 6:30 – 8:00 pm on the same dates.

Enrolment forms must be in by the end of May 2018 for 2019. We encourage all siblings to have forms in by the beginning of May – this will assist us in identifying available spots for next year.

School Tours can be booked on Wednesdays or attend playgroup every second Tuesday of the month. Please phone 9971 9297 or email sjan@dbb.catholic.edu.au for a booking or further details.

BROKEN BAY DIOCESE WINTER SPORTS TRIALS

Trials will be held in the following sports: AFL, rugby league, netball, soccer, hockey and touch. Details can be found at the bottom of the newsletter. Player Profile Forms are available at the office. The trials are available to year 5 and 6 students who play at a competitive level eg: A grade or Rep. Year 4 student who play at a higher level can also apply.

SCHOOL BUS

➤ **Students will now require an Opal card which you can apply for online via**
<http://www.transportnsw.info/school-students>

➤ **School Bus route**

<http://www.sydneybuses.info/news/new-bus-route-numbers-for-school-special-bus-services-in-2016>



Library is open after school on a
Tuesday 3.05 until 3.35
and before school on a
Thursday 8.15 until 8.40

Please come in with you child and borrow a book, read, play chess or just to look around.

FAMILY LIAISON OFFICER

Dear Kinder 2018 Parents,

we are now in planning for our next Kinder 2019 and would really appreciate your feedback on how well the St. John's Transition to School program has worked for you and your family. We are hoping for some positive comments of course, that we might be able to use in our public face such as the school website and brochures. But importantly, we do value also your critical comments as this gives us an opportunity to adapt our processes where necessary. We look forward to hearing from you. Please complete the form ASAP, but latest by Monday 5th March 2018. Please follow the link below to go to the form.

We look forward to hearing from you. Thanking you in advance for your input.

Kind regards

https://docs.google.com/forms/d/e/1FAIpQLSfidQYr5nsIL_851HQbtqMeC4aP5BLtGm9B9LLTXDxqaQ_6Hw/viewform?c=0&w=1

URGENT HELP NEEDED

Casserole Club – SOS

***We currently have families in the school facing challenging times,
and as a caring Catholic community we are committed to helping those who are in need of support.
The Casserole Club at St John's is a store of frozen meals prepared by parents to be given to those who need a practical helping hand.***

***At present the freezer is empty.
We urgently need a supply of casseroles, soups, curries, lasagne, or anything that freezes well.
If you are able to help by preparing a meal please ask at the office for take-away containers that can be used. Meals should be labelled with basic ingredients and brief instructions on how to reheat.
Perhaps you could consider making a larger batch of your family meal and putting some aside.***

Your help would be greatly appreciated.

Thank you,
Jeanie McDonnell, Family Liaison Officer



CANTEEN

CANTEEN OPENING DETAILS WILL BE SENT OUT BY FLEXIBUZZ

The canteen will be open tomorrow (Friday) at lunchtime for snacks and frozen treats.
All purchases will be over the counter (no online ordering).

****UPCOMING EVENT FOR PARENTS AT THE ZEN COLLECTIVE****

Join Angela for a 3hr workshop to learn about how mindfulness and creative play can enhance your connection with self and your children.

Throughout the workshop you will be guided through practices and strategies to manage the day to day stresses of balancing life and parenthood in a fun and playful environment.

DURING THE WORKSHOP YOU WILL:

- Learn what Mindfulness is and how it effects our brain.
- Experience Mindfulness in a fun and creative way.
- Explore strategies that can prevent our busy lives from leading to overwhelm, stress, and anxiety amongst children.
- Find your inner-child and the magic that it brings into relationships with yourself and your children.
- Develop a tool kit to teach presence, breathing strategies and relaxation/meditation to your kids at home.

COST: \$59.00 (Includes activities to take home and use straight away)

ANY QUESTIONS?

EMAIL: angelatonkin@behappyyoga.com.au

Tickets purchased online through:

<https://www.eventbrite.com.au/e/creating-mindful-connections-tickets-43494030817?aff=es2>

<https://www.zencollective.com.au/creatingmindfulconnections>

Angela has been working in the Education System for 15 years. She has a Bachelor of Education and has worked with many parents with kids from a diverse range of behavioural, emotional and learning backgrounds. She teaches yoga, mindfulness and relaxation to children in schools, is a Senior Trainer for Rainbow Kids Yoga, has studied Neurolinguistic Programming (NLP) and is a Master Reiki Practitioner. She has a passion for teaching children to connect to themselves and to develop positive relationships with others. She empowers them with effective tools whilst also acknowledging their unique personalities.



Angela is passionate about sharing these tools with parents in order to best meet the emotional and behavioural needs of all children, making home life a little more easeful, playful and happy for everyone.

OPEN DAYS

Attention Year 5 Parents:

Children attending Catholic systemic high schools (Mater Maria Warriewood, St Paul's Manly, Mercy College Chatswood) should enrol for those schools in Year 5 for Year 7. Read on for the dates of high school Open Days.

Marist College North Shore Open Day Saturday 3 March 2018 10am-1.30pm 270 Miller Street NORTH SYDNEY
www.maristcollege.com

Mercy Catholic College, Chatswood Sunday 4th March from 11am - 2pm. 101 Archer Street, CHATSWOOD

Applications for placement in Year 7, 2020 are open and should be received by the College office by the end of Term 1, 2018. It is anticipated that the interview and acceptance process for entry into Year 7, 2020 will commence in Term 3, 2018. For further information please visit the College website <http://www.mercychatswood.nsw.edu.au/> or contact our College Registrar SMCCC.Registrar@dbb.catholic.edu.au

Mater Maria Catholic College – Thursday 8th March 4-7pm 5 Forest Road WARRIEWOOD

Year 7, 2020 applications close on Wednesday 4 April 2018. Applications welcome for Years 8-11 Please contact our enrolment Register (Deborah Fitzgerald) on 9997 7044 or email deborah.fitzgerald@dbb.catholic.edu.au

Stella Maris College Manly – Wednesday 14 March 4-7.30pm 52 Eurobin Avenue, Manly



The P&F Gazette

News and info from YOUR Parents & Friends Association

Scarecrows in the Eco Garden?

That can mean only *one* thing

The Bush Dance isn't far away

YEEEE HAAA!

This Sat 3rd March, entry is free

BYO picnic & Bush Dance attire.



Lolly bags, novelty items, iced treats (from the canteen) and raffle tickets will be available to purchase in cash on the night. Our favourite band **Ducks on the Pond** will be playing ... keep an eye out for any familiar faces ☺
Looking forward to welcoming the 2018 St John's School Year with everyone!

Class contact lists for 2018

Each year the P&F compiles a contact list to be used for communicating with parents about school events. If you would like to be included in your child's Year Group List please fill in the form [here](#) .

(You'll need to fill in a new form for each child.)

Canteen Update

Sushi Wednesdays & Cool Fridays

We have a wonderful community at St. John's, which has meant we've been able to put together an interim roster of volunteers in the Canteen whilst we consider the best options for our Canteen of the future. We are working on some exciting new changes ... healthier, more volunteer-friendly... stay tuned! So, up at least to the end of Term 1, here's what we can offer:

Wednesdays

Sushi/Edamame/Rice Paper Roll lunch orders via QKR! - look for the specific Sushi Wednesday tab.
Lunch time over the counter cash sales of iced treats, chips, cookies and bread sticks available also.

Fridays

Lunch time over the counter cash sales of iced treats, drinks, chips, cookies and bread sticks.

Again, we appreciate your patience, and sincerely hope these measures bring a little more lunchtime joy!

P.S. The new system of dividing queues into K-2 & 3-6 is working a treat ☺

School Uniform Shop Reminder

Open Fridays, 8.30 – 9am and 2.30 – 3pm in the canteen

We have lots of pre loved uniform items in excellent condition ... watch out in the coming weeks for some amazing Uniform Shop Specials!



Questions? Comments? Email any time at stjohnspandfassociation@gmail.com

Warm regards

Bel, Pip, Jo, Russell & Caroline



2018 International Competitions and Assessments for Schools (ICAS)

Dear Parent,

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

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

ICAS:

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

HOW TO PARTICIPATE AND PRIVACY NOTIFICATION:

To enrol your child in ICAS, please complete the registration form overleaf and return it, with your entry fees, to your school by **Friday 16th March**. For more information about ICAS go to www.eaa.unsw.edu.au, contact Customer Service on (02) 8344 1010 or send an email to info@eaa.unsw.edu.au

In order to analyse student results over time, we and UNSW Global collect and use data such as student names, year levels, student results, school results and contact details of school staff (ICAS Data). By permitting your child to sit ICAS, you consent to our and UNSW Global's use of the ICAS Data in the manner outlined below *. **PLEASE NOTE LATE ENTRIES WILL NOT BE ACCEPTED.**

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

Yours sincerely

Dr Sofia Kesidou

Group Executive
Educational Assessment Australia

**Privacy notification: UNSW Global stores, uses and modifies the ICAS Data in order to generate reports, conduct research and analysis, and improve its products and services. UNSW Global will not hold or use ICAS Data that constitutes personal information for longer than 15 years. As the parent or guardian of a student who intends to sit ICAS, you consent to the school collecting the ICAS Data that relates to the student, disclosing it to UNSW Global and to UNSW Global's use of it in the manner outlined above. You also consent to the school assigning this consent to UNSW Global.*

Educational Assessment Australia

Educational Assessment Australia PO Box 8020 Alexandria NSW 1435 Australia

T: +61 2 8344 1010 F: +61 2 8344 1030 E: info@eaa.unsw.edu.au W: www.eaa.unsw.edu.au

2018 International Competitions and Assessments for Schools (ICAS)

Registration Form



Please return this form to your child's school by Friday 16th March

I give permission for my child _____ in class _____ to participate in the following 2018 International Competitions and Assessments for Schools (ICAS):

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

Subject/Paper	School Years	Official Sitting Date	Entry Fee, incl. GST	Fee Enclosed
Digital Technologies	3–10	8 May 2018	\$9.90	
Science	2–12	29 May 2018	\$9.90	
Spelling	3–7	12 June 2018	\$13.20	
Writing	3–12	14 June 2018	\$19.80	
English	2–12	31 July 2018	\$9.90	
Mathematics	2–12	14 August 2018	\$9.90	
			TOTAL	

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

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

Please record the dates in your diary. Tests cannot be made up at a later date.

Payment:

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

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

Card Number: ____ / ____ / ____ / ____

Exp Date: ____ / ____ CCV: ____

Cardholder Name: _____

Signature: _____

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: Tuesdays 13th, 20th and 27th March. **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 JOHN THE APOSTLE CATHOLIC SCHOOL

OPEN DAYS MARCH 2018

**ENROL NOW
FOR 2019**

Monday 12 March 2018

Open morning 9.15am – 10.40am, Open Evening 6.30pm – 8pm

Thursday 29 March 2018

Open morning 9.15am – 10.40am, Open Evening 6.30pm – 8pm

Providing quality Catholic education to the local community since 1961. Enrolling now for Kindergarten 2019 and other grades 2018, 2019. Meet the principal; student leader activities for the children; see our school in action.

St John's, Narraweena, a place of 'Strength and Gentleness'.

Come and see what a Catholic education can offer your child.

School tours are available on Wednesdays or can be arranged by appointment.

ST JOHN THE APOSTLE CATHOLIC PRIMARY SCHOOL 166 Alfred St Narraweena NSW 2099
TEL 02 9971 9297 EMAIL sjan@dbb.catholic.edu.au

sjandbb.catholic.edu.au

April Holiday Camps



16th April 2018 – 30th April 2018

Join our Holiday Camps and play soccer indoors on grass

CLINICS FILL FAST, SO BOOK NOW!

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual's skills. It is important that Children have fun whilst they learn new skills, and that's why we've tailor made our school holiday camps to be both fun and engaging!

- Professionally qualified & engaging FFA & AFC coaches
- Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a 'Zidane Turn', 'The Socrates', 'Rabona', 'Maradona Spin', 'Cryuff Cut', 'Ronaldo Chop', or learn how to do an 'Oxford'!
- Play football, no matter what the weather, in your boots!
- Finish the day with Laser football

Half Days 9.00am-12:00pm | **Full Days 9.00am-3.00pm** | Extended days 8.30am-5.30pm

For 5-14 year olds

Book from 2 days to 10 days

Check it Out!

