



# ST JOHN'S NEWS

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Issue No 18 – 14<sup>th</sup> June 2018

## PRINCIPAL NEWS

Dear Parents,

Like dioceses around the country, Broken Bay has been distributing information about the Australian Church's Plenary Council in 2020 and especially about the lead up to it. This year is a time for listening and gathering information from a wide variety of groups and individuals in answer to a key question: 'What do you believe God is asking of the Church in Australia?'

The Church is inviting feedback from anyone who is willing to contribute their ideas according to their experience whatever that may be. Each Parish and school has been asked to encourage participation in processes such as small group meetings or forums. They have also been asked to identify people who may wish to help with facilitating groups or assist with the organisation of data gathering and analysis.

As information about how to contribute comes to hand we will pass it on. If you are interested in facilitation and data gathering please request more information by asking us via [sjan@dbb.catholic.edu.au](mailto:sjan@dbb.catholic.edu.au)

The last time Australia held a Plenary Council was 80 years ago. This is a once in a lifetime opportunity for us to have a voice and to share our ideas in order to shape the church of the future. We hope that everyone will contribute to this historic "listening and gathering" that we are being called to.

Regards,

Mark Bateman – Principal



Click on the image to find out more!

## WARATAH PARADE DROP OFF AND PICK UP - IMPORTANT:

After observation of morning drop off in Waratah Parade it is clear cooperation with the following procedures would **SUBSTANTIALLY** increase safety for all and lower frustration at drop off/pick up times:

- **LEAVE** ample **ROOM BEHIND FOR** other vehicles;
- **STAY IN THE CAR.** Children should be ready, say goodbye in the car, get out of the car with their bag and walk straight into school. In the afternoon, the children should get straight into the car with their bags.
- **PARK OUTSIDE THE DROP OFF AREA** IF there is **ANY NEED TO GET OUT** of the car.
- let the **CAR IN FRONT LEAVE FIRST.**

Even though it is a short amount of time involved dropping off and picking up care is needed. Think ***'cooperation and good of all' rather than 'my need before others'***.

Please communicate these points to friends, grandparents or relatives doing occasional Waratah pick-ups.

## KINDER ENROLMENTS FOR 2019

All enrolments for Kindergarten 2019 should be submitted by the end of Term 2. We ask any siblings enrolling to submit applications as soon as possible so that we can determine the number of places available for 2019.

If you had friends or family attend our Open Mornings or Evenings earlier this term, remind them to get their enrolment applications in before the end of Term. Enrolment information can be found on our school website. Enrolments remain open throughout the year for other grades.

## DIARY

<b>Week 8 Term 2</b> <b>Mon 18 June</b>	<b>Week 8 Term 2</b> <b>Tues 19 June</b>	<b>Week 8 Term 2</b> <b>Wed 20 June</b>	<b>Week 8 Term 2</b> <b>Thurs 21 June</b>	<b>Week 8 Term 2</b> <b>Fri 22 June</b>	<b>Week 8 Term 2</b> <b>Sat/Sun 23/24</b>
123 Magic and Emotion Coaching 6.30-9pm Library	123 Magic and Emotion Coaching 9-11.30am		Yr 3 Class Mass 9.30am	Reports Emailed	
<b>Week 9 Term 2</b> <b>Mon 25 June</b>	<b>Week 9 Term 2</b> <b>Tues 26 June</b>	<b>Week 9 Term 2</b> <b>Wed 27 June</b>	<b>Week 9 Term 2</b> <b>Thurs 28 June</b>	<b>Week 9 Term 2</b> <b>Fri 29 June</b>	<b>Week 9 Term 2</b> <b>Sat/Sun 30/1</b>
123 Magic and Emotion Coaching 6.30-9pm Library	Confirmation Rehearsal Dee Why 7pm 123 Magic and Emotion Coaching 9-11.30am		Confirmation Rehearsal Narraweena 7pm		Sacrament of Confirmation 10:30 St John's & 2pm St Kevin's

## IMPORTANT DATES FOR THE DIARY

### Mon 2<sup>nd</sup> July

123 Magic and Emotion Coaching 6.30-9pm

### Tues 3<sup>rd</sup> July

123 Magic and Emotion Coaching 9-11.30am

Eagle Tag Gala/Rugby League Yr 3&4

### Thurs 5<sup>th</sup> July

Eagle Tag Gala/Rugby League Yr 5&6

### Fri 6<sup>th</sup> July

Last Day of Term 2

### Mon 23<sup>rd</sup> July

Term 3 Commences

### Tues 31<sup>st</sup> July

ICAS English 8am

### Wed 1<sup>st</sup> Aug

St John's Athletics Carnival – Academy of Sport

## AWARDS



**\*\*\*\*PLEASE NOTE – THE HALL IS CURRENTLY UNAVAILABLE. AWARDS WILL BE PRESENTED IN CLASSROOMS\*\*\*\***

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

<b>Strength &amp; Gentleness</b>		Lucas P (3O) Dylan O (6DI) Lachlan B (3R)				
<b>KC</b>	Evie B Aguilar B Mitchell J	<b>2R</b>	Ayrton D Aaron D	<b>4SC</b>	Ruby N Jacob O	<b>Sport</b>  Aurelia B (3R)
<b>KG</b>	Fluer D Caitlin K	<b>3B</b>	Heath D Benjamin F	<b>5D</b>	Monica G Cameron G	
<b>1B</b>	Andre D Fletcher M Owen N	<b>3O</b>	Jake D Abbie D Joy N	<b>5NF</b>	Liam C Alison L Piper M	<b>Library</b>  Joshua D (1B) Luke C (6DI)
<b>1G</b>	Harrison D Florence K Michalis S	<b>3R</b>	Sophia V Dominic Y	<b>6DI</b>	Joshua B Mikayla H	
<b>2N</b>	Tayla C Jamie E Hannah J	<b>4B</b>	Liam C Cheriese E	<b>5/6B</b>	Amie E	<b>Drama</b> Lucy E (1G) Dylan O (6DI)

## SPIRITUAL NEWS

### BISHOP'S RELIGIOUS VISUAL ART PRIZE 2018

*"How sweet to my taste are your words, O Lord;  
sweeter than honey to my mouth!"*

This year, the Bishop's Visual Art Prize is based on "illuminating" a line of scripture. Every student at St John's has been working on their entries.

Years 2-6 have been studying illumination, both traditional and contemporary and experimenting with calligraphy. Kindergarten and Year 1 have created artwork based on the scripture of their Religion units. Each student has selected an art work to be submitted for judging and next week we will announce our commended and highly commended winners.

Three pieces of art in each stage – Early Stage 1 (Kindergarten), Stage 1 (Yrs 1&2), Stage 2 (Yrs 3&4) and Stage 3 (Yrs 5&6) will then be selected for submission to the Diocesan competition next term.

We were hoping to display all of the artworks in the hall to enable everyone in our school and parish community to enjoy the children's creative interpretation of the Word of God. As the hall is currently unavailable, Fr Reinaldo has suggested that we use the church to display the children's artwork. We will be limited on space but will try to put up as many artworks as we can. They will remain in the church this weekend and next weekend.



### PARISH FAMILY MASS

Everyone is warmly invited to join us for Mass this weekend. Year 1 and Year 3 are hosting, the choir has been rehearsing and we hope that we will have lots of Year 2 children who are preparing for Confirmation joining us as well. Our sausage sizzles are on hold until the weather warms up next term. Come along and see the wonderful artworks!



# 'Sweeter than honey - Teaching Scripture Summit

We have been offered the opportunity for a parent from St John's to attend either one or both days of the Diocese of Broken Bay Teaching Scripture Summit on July 25 and 26 at no cost. The summit is a key element of the Diocese's focus on the importance of the scriptures in our Catholic heritage and in the faith development of our children. We feel it would be of great benefit to our community to have a parent involved as well as the staff who are attending. For example, there will be specific workshops for parents:

## Scripture at Home

*Parents are the primary faith educators of their children and therefore have a vital role in teaching Scripture. Yet many parents feel inadequate for the task and don't know where to start. This workshop offers practical encouragement and ideas for parents in allowing the Word of God to find a natural presence in the environment of the home and family living.*

As well as keynote speakers discussing the "why's and how's" of studying scripture, there will also be workshops looking at music and art, including Aboriginal art, as ways of teaching scripture.

You can visit the website <https://sweeterthanahoney.dbbco.org/summit-program.html> for more details. If you feel you would be interested in this opportunity or would like more information, please let Mr Bateman know ASAP - places in workshops are filling.

## SCHOOL NEWS

### FACEBOOK PRESENCE



Some of you may have noticed we have been experimenting with using Facebook to promote and share snippets about St John's. If you are so inclined, search 'St John the Apostle, Narraweena' and 'like' our page!

It is very much a work in progress at this point, feedback is welcome to [sjan@dbb.catholic.edu.au](mailto:sjan@dbb.catholic.edu.au)!

### MATHS CHALLENGE

Our Year 4, 5 and 6 students have finished off their last meeting with like-minded peers in our Maths Challenge as part of the Australian Mathematics Trust. The children have had the opportunity to meet and work with their peers at Mater Maria last week with input from the Yr 10 students, and again yesterday at St Kevin's in Dee Why.

The children are to be congratulated not only on how well they represented our school, but how well they took on the challenge and showed growth mindsets in their thinking!



**Interesting! Memorable! Once in a lifetime! An amazing experience!**

Last week, the Year 5 and 6 students visited our nation's capital, Canberra. They visited many important locations and learnt many interesting facts. Here are the Year 6 students' thoughts on 2 of their favourite places.

### **The Australian War Memorial**

'Lest we forget'

Do you have a relative who has died in the war? You can meet them again at the Australian War Memorial.

The War Memorial has interactive learning experiences and real life war relics from previous wars, including World War 1 and 2. Some of these relics include planes, tanks, boats and hard tack (which was a pretty gross food that the soldiers had to eat). We saw examples of the different types of medals won by courageous soldiers including the Victoria Cross and the George Cross. Some of these medals were awarded posthumously (which means after they have died) – for their great sacrifice for our country and their mates.

We also looked at amazing dioramas and important paintings depicting real scenes from the wars. Come and see the Australian 'Unknown Soldier' – he represents all of those who sacrificed their lives for us in World War 1 who were unable to be named and therefore reunited with their loved ones.

### **Questacon**

It was... educational... bamboozling... and SCIENCE!

At Questacon we saw lots of amazing scientific discoveries that encouraged us to be scientists ourselves. And lots of us went on The Drop! Wooooaaaahhhhh!

Questacon is the perfect balance between fun and educational with its many different interactive activities. You can try and be the master of air hockey – can you beat the robot? And who leaves without getting a harmonogram artwork? Learn all about water and its cycle and get to learn a lot of interesting facts – for example, did you know that we can only drink about 0.3% of ALL the water on earth?

We were able to experience natural occurrences such as an earthquake and a lightning strike (don't worry, we all made it out safely!)

# WELLBEING WEEK AT ST JOHNS

Overall, Questacon is one of those 'must-do' events in Canberra – and it's one we will never forget!

This week at St John's it is **Wellbeing** week. We have been doing all sorts of fun activities like PJ day, movies at lunch times, happy bell songs, and NO HOMEWORK! The purpose of wellbeing week is to spend time with our family and friends, to relax and have lots of **FUN**. Also every week the wellbeing team will be choosing a quote to share with the school and our community, this will be presented on the notice board. The quote this week is *"be the reason someone smiles today"*.



This week has been amazing because we have NO HOMEWORK! Which means you should go out to the park and spend time with your family, friends and PETS.

On Friday the wellbeing team have organised for the whole school to wear their pjs to celebrate wellbeing. Now you can wake up and not worry about getting into your school uniform.

# PJ DAY

# MENTATION

This week we started doing meditation in the library, lots of children enjoyed being able to relax and take their mind off school. Hopefully this helps kids clear their minds of stressful things.

Lunch times have changed this week because the wellbeing team will be playing a happy feel-good movie. Over the two days the children will be viewing the movie "Happy Feet" to put them in a happy mood, so they are ready for the weekend.

# MOVIES

*By the Year 6 Wellbeing team*

## QKR

As of June 6<sup>th</sup> some of the older versions of the Qkr app will no longer work, and families must update their app. Most people have auto update enabled in their phone settings so this will happen seamlessly for them. If the app has stopped working, simply download the current version from the app store.

And if you still have any issues, go to the website as this is a backup to people with really old phones that may not be able to upgrade. <https://qkr.mastercard.com/store/>

## Head lice

We have had several cases of head lice across all year groups this term. It would be appreciated if you could check your children's hair regularly and treat accordingly.

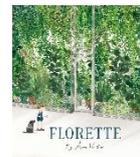
**TIP- Nit Spritz:** 500ml water, 20 drops water soluble eucalyptus oil, 10 drops lavender oil ... in a squirty bottle. Shake well.

## LIBRARY NEWS



This week Years 5 and 6 have been reading the Children's Book Council of Australia (CBCA) nominated books in preparation for writing book reviews to share with other classes. Visit the CBCA website by clicking [here](#) to check out the books nominated this year.

Year 1 to Year 4 have read one of the CBCA nominated books Florette by Anna Walker. We created our own garden wall in the library with every class contributing. Come and have a look at the library.



Walker. We created our the beautiful creation in

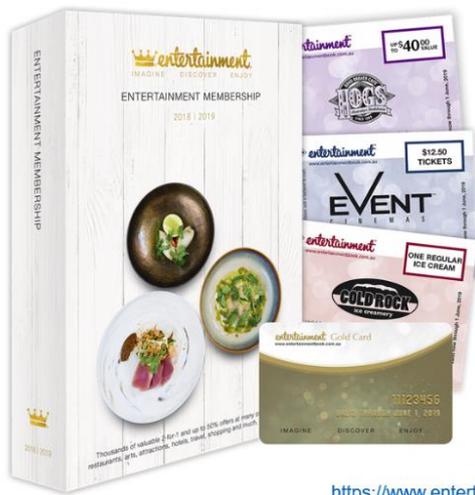
## Book Contacting

Any parents who are able to help out with covering library books it would be greatly appreciated, the faster they are contacted the sooner they can be available for borrowing. You can cover here at school or take home a bag of books to cover. Contact is supplied. Please drop into the library or ask at the office if no one is in the library.

## Author Visit

On Tuesday June 19 author Yves Stening will be visiting with Kindergarten, Year 1 and Year 2 to read his book and share with students how books are made. If your child would like to purchase a copy of the book Yves will sign it on the day.

Check out his books at <https://www.dinnerdetectives.com.au/>



Support our school, order your copy now!

OR



<https://www.entertainmentbook.com.au/orderbooks/94u9722>



## The P&F Gazette

News and info from YOUR Parents & Friends Association

### Can you volunteer an hour or two per term in our School Canteen?



Our new canteen menu is a certified hit! With Sushi now available on Mondays & Wednesdays, and our new hot food menu available every day excepting Tuesdays (when the canteen is closed), it's wonderful to know we can offer fresh, nutritious and delicious lunchtime meals to our kids almost every day.

The success of our canteen relies on one or two volunteers helping Shirley for one or two hours each day. It's super easy and lots of fun, you'll help to pack the lunch orders and then serve over the counter at lunchtime. If you can give us an hour or two of your time we'll love you for it! - simply fill in the form via the link below. And thank you to everyone who's returned forms so far. 😊

[https://docs.google.com/forms/d/e/1FAiPQLSfyx3bgLIXjpFa7kH7yjtXzdCIJj62vrOCVssxqTX0EnlQbXw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAiPQLSfyx3bgLIXjpFa7kH7yjtXzdCIJj62vrOCVssxqTX0EnlQbXw/viewform?usp=sf_link)

### School Uniform Shop News – it's winter bargain time!

Boy's Winter pants only \$6

Girl's winter shirts only \$6

Preloved clothing in excellent condition, lots of sizes available! Reuse, recycle & SAVE

Visit Linda in the School Canteen 8.30 – 9am Friday mornings & 2.30 – 3pm Friday afternoons.

Bel, Pip, Jo, Russell & Caroline

## 1-2-3 Magic and Emotion Coaching

This course is hugely popular with parents of children aged 2-12 years. We are running the course for the last time in 2018 and offering daytime and evening sessions in weeks 8, 9 and 10 of this term. To register your interest or if you have any questions please email [Jeanie.mcdonnell@dbb.catholic.edu.au](mailto:Jeanie.mcdonnell@dbb.catholic.edu.au)

## YEAR 1 PARENTS SOCIAL NIGHT

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When: [Saturday June 23rd 6:30pm](#)

Where: Deck Bar and Dining, Dee Why

RSVP to Shellie [shellie\\_thorn@bigpond.com](mailto:shellie_thorn@bigpond.com) by Monday 18th June

Shellie, Lauren, Anita & Carly

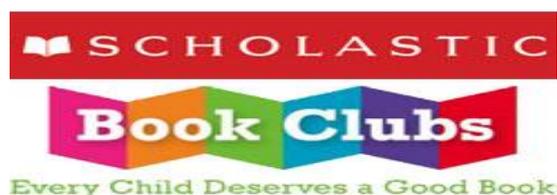
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## **Announcement: Term 3 Music Bus Enrolments Now Open**

The music bus are now taking new student enrolments for term 3. The program is open for all students from kindy/prep to 6, running weekdays at school. The music bus have limited availability in singing, keyboard, guitar, drum and ukulele and so it is advised to enrol asap.

The music bus is a wonderful music program that many of our students are already enjoying – a brilliant and cost-effective way for students to get fun and specialist music lessons without parents having to travel all over the area after school. Cost of lessons is only \$16 per week (drums \$18).

If you're interested in your child having music lessons through the music bus, check out their website at [www.themusicbus.com.au](http://www.themusicbus.com.au) or call 1300 168 742



**For on line ordering please follow the link**

**<https://mybookclubs.scholastic.com.au/>**

**Unfortunately, we cannot accept cash or cheque orders.**

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

**Book Club orders for Issue 4 are due no later than**

**[Monday 25th June](#)**

Cancer Council NSW SunSmart Snippet

## The simplest way

...to be a SunSmart pro!

Test yourself with these SunSmart questions!

- 1: When do I need to use sun protection?
2. How can I be sun safe?
3. How can babies stay safe?



Answers

1. We need to use sun protection whenever the UV is three or above. In most of NSW, this is 11-12 months of the year. Check the SunSmart App every day to be sure.
2. It's simple, just *Slip, Slop, Slap, Seek and Slide!*
3. Children under 12 months should be kept out of direct sunlight. Sunscreen is not recommended for children under 6 months. Remember to carry out a sunscreen usage test.

To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



The Simplest way... to be a SunSmart Pro

The Simplest way... to buy produce in season

The Simplest way... to make cauliflower and spinach dahl

The Simplest way... to love your freezer

Cancer Council NSW Nutrition Snippet

## The simplest way

...to make cauliflower & spinach dahl.

**Ingredients**

1 tbsp olive oil	¼ tsp paprika
1 tbsp mustard seeds	4 ½ cups vegetable stock
1 red onion, diced	1 cup dried red lentils
3 cloves garlic, minced	1 can chickpeas, drained & rinsed
1 tbsp fresh ginger, grated	2 cups cauliflower florets
1 tbsp curry powder	2 cups baby spinach
1 tsp turmeric	¼ cup fresh coriander
½ tsp ground coriander	Naan bread or steamed rice

**Method**

Heat a large saucepan over a medium heat and add the olive oil. When hot, add the mustard seeds and cook for one minute. Add the onion, garlic, ginger and sauté for 5 minutes. Add the curry powder, turmeric, ground coriander and paprika and sauté for a further minute.



Add the stock, lentils and chickpeas and stir to combine. Bring to a simmer and then cover and reduce heat to medium low. Cook for 20 minutes and then fold through the cauliflower. Cover again and cook for another 8 minutes. Add the spinach and fold through. Top with fresh coriander and serve with Naan bread or steamed rice.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



Cancer Council NSW Nutrition Snippet

## The simplest way

...to love your freezer.

To help beat the morning school rush, spend a couple of hours on the weekend doing a big cook up of freezer friendly lunches and snacks that can be ready on hand to add to the kid's lunch boxes.

Home-made baked goods such as muffins, scones, pikelets, bliss balls, pizza, frittata and mini quiches can be made in advance, then wrapped individually and frozen.



Items such as sandwich bread, milk poppers, yoghurt tubs and smoothies can be frozen. They will be thawed and ready to eat at lunch time and keep other lunch box items cold.

Many vegies in season can be cut up and frozen to save time with food prep later on (i.e. spinach, zucchini and pumpkin).

Visit [healthy lunchbox.com.au](http://healthy lunchbox.com.au) for more freezer-friendly recipes.



Cancer Council NSW Nutrition Snippet

## The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better too!

**Winter – June, July, August**

**FRUIT**

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.



**VEGETABLES**

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



# School Holiday Activities

## Winter 2018

### What's in this edition?

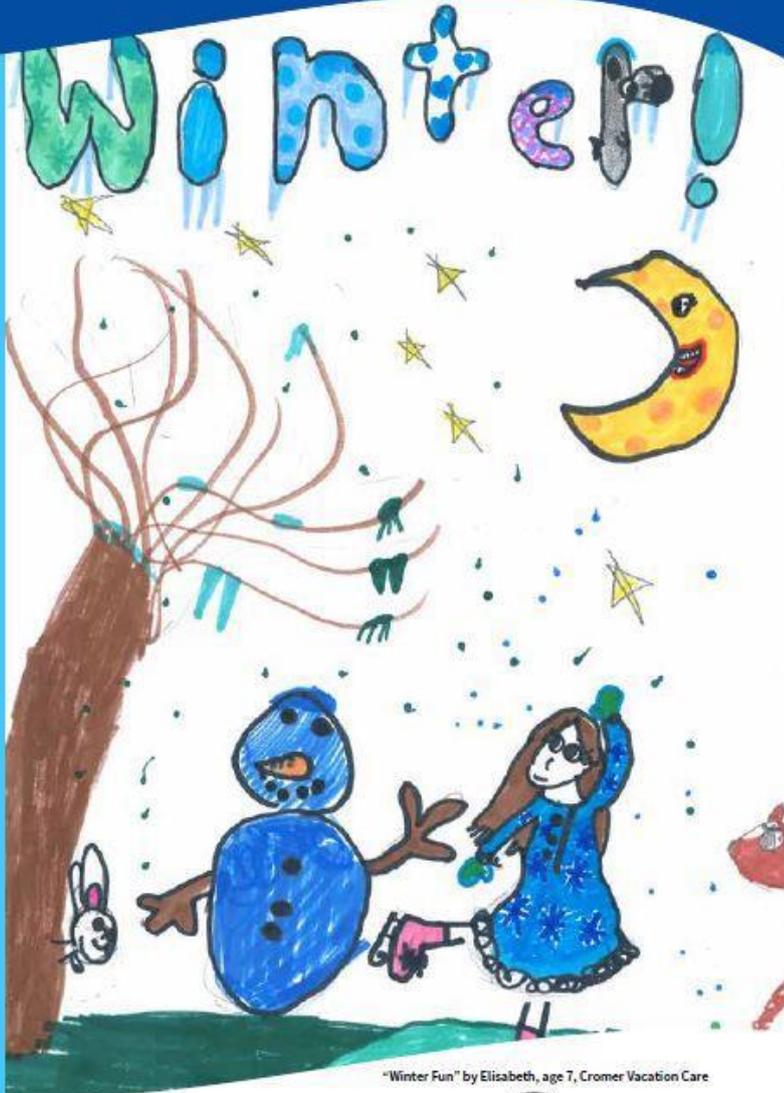
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Workshops  
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"Winter Fun" by Elisabeth, age 7, Cromer Vacation Care

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