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Issue No 30 – 20th Sept 2018

PRINCIPAL NEWS

Dear Parents,

We recently hosted a meeting of local principals and assistant principals from our Catholic Schools. We shared the work we are doing in teaching and learning with our children, before inviting our guests to visit classrooms and to specifically observe work in Mathematics and Spelling. We have been implementing a stronger conceptual approach to the teaching of Mathematics across our school for a few years now. Spelling is another area in which we have expended some effort and were also interested in feedback on this approach; which supports children in using sound, meaning, checking, visual and connection strategies to build their understandings about spelling. Visitor's feedback was very affirming. They especially noted the way in which our children understood the purpose of their lessons and their ability to explain both what they were learning along with their thinking. They noted the consistent approach to teaching across our school. They suggested continued work in the area of meeting a broad variety of needs and around the planning involved to support teachers new to the school so that they are inducted effectively into our way of teaching. These points are a snapshot of what was discussed and the data collected will be helpful for us as we plan for 2019 and beyond.

Our School Advisory Council met on Tuesday evening. Part of the agenda included discussion about what was happening with the school/Parish hall. A meeting with representatives of the Diocese and Parish is pending to discuss an interim plan to meet the needs of the school and Parish. We are working with the owners of the site, the Diocese, and our Parish on the development of the plan. All parties understand the importance of the hall to our Parish and school. In order to support and encourage progress in this matter, the Advisory Council has issued a communication to the Catholic Schools Office on behalf of the parent community and a letter explaining their action is included below in the newsletter.

We will communicate any developments to you as soon as we are able.

In the meantime there is much to celebrate at St John's. Our children are involved in a number of initiatives with the local or broader community. Today's newsletter carries information about the great work done in creating connections with farming families in Gilgandra; about the creative ways in which our children are taking real action to reduce the use of plastics and waste in our school and our engagement in Parish life through the Sacramental Program – First Eucharist. Information is also included about our Core Values Assembly to be held on Monday morning in the Church. All parents are invited to attend. Our children are being encouraged to contribute to and participate in their community in meaningful ways. Your support of their efforts is greatly appreciated.

Best wishes for the week ahead.

Mark Bateman - Principal

DIARY					
Week 10 Term 3 Mon 24 Sept	Week 10 Term 3 Tues 25 Sept	Week 10 Term 3 Wed 26 Sept	Week 10 Term 3 Thurs 27 Sept	Week 10 Term 3 Fri 28 Sept	Week 10 Term 3 Sat/Sun29/30
Core ValuesYr 3&4 Gala DayAwards(Eagle Tag and Cricket)Enseml		St John's Music Ensemble performance 8.45am	RESILIENT GIRL Workshop 8:45am Yr 5&6 Gala Day (Eagle Tag and Cricket)	Last Day of Term	
HOLIDAYS	<mark>5! HOLIDAYS!</mark> HO	OLIDAYS! HOLID	AYS! HOLIDAYS	! HOLIDAYS! <mark>HC</mark>	DLIDAYS!
Week 1 Term 4 Mon 15 Oct	Week 1 Term 4 Tues 16 Oct	Week 1 Term 4 Wed 17 Oct	Week 1 Term 4 Thurs 18 Oct	Week 1 Term 4 Fri 19 Oct	Week 1 Term 4 Sat/Sun 20/21
PUPIL FREE DAY	Term 4 Commences		Mission Mass (Mission Team)	School Disco K-2 - 5:00 - 6:30 3-6 - 7:00 - 8:30	

COMMUNICATION AT ST JOHN'S

We have had some of our parents approach us to say that it can be hard sometimes to know where to look to find out what's happening at St John's. We are trying to support parents by sharing information in a number of different ways and we are always open to feedback on how to make this better.

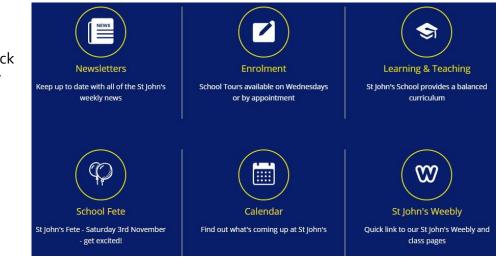
Our first delivery point for news is our weekly newsletter. This is where you can go to find out about key events that have happened in the past week or are coming up in the week ahead. These are published on Thursday afternoons. We also keep the 'home' page of the <u>Weebly</u> updated with events in the fortnight ahead.

Class teachers will also publish pictures, work samples and stories of learning on the separate class/grade pages on the <u>Weebly</u> as well. Teachers will also post information about home learning requirements in each class/grade, as well as curriculum letters and other information for parents to reference.

Each week, snippets of life around the school are uploaded to our <u>School website</u> in the 'News' section. Some of these are also shared on our <u>Facebook</u> page. Nothing published here is **'urgent'** but rather '*enjoy seeing what's happening at school*' type stories.

Lastly, we make use of Flexibuzz for anything that may be a last minute change or update, or a reminder for something coming up. Flexibuzz can be accessed on your phone or device – just ensure you are 'enrolled' into the correct grade each year to ensure you get the information you need!

We have added a few new 'Quick Links' on the home page of our website. We hope these help!



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

Saturday 22nd Sept First Communion 5pm – St John's

Sun 23rd Sept First Communion 10am – St John's

Fri 28th Sept Last Day of Term 3 Mon 15th Oct Staff Development Day Pupil Free Day

Tues 16th Oct Term 4 Commences

Fri 19th Oct St John's School Disco

Please note that Monday 15th October is a PUPIL FREE DAY. The first day of Term 4 for students is Tuesday 16th October.

AWARDS



STRENGTH & GENTLENESS will be presented at Monday morning's Prayer Assembly

Strength & Gentleness Cheriese E (4B)

кс	Antonella A Will F Emma G	2R	Valentina B Scout M	4SC	Jayden B Biba D	Sports Jensen H (KC)			
KG	Hannah F Isaac M	3B	Olivia B Pascal K 5D		Alessia L Banjo L	Mikayla H (6DI)			
1B	llana A Andre D Fletcher M	30	Zac C Jacob H	5NF	Olivia B Elisa C Andie M	Library Alessia G (1B)			
1G	Florence K Luke M	3R	Brooke H Nicholas L Neeve S	6DI	Joel I Justine L Isabella M	Brooke H (3R)			
2N	Thomas B Tyler J Giselle L	4B	Zac A Chiara M	5/6F	on camp	Drama Sophia M (1B) Oscar H (4SC)			

MERIT AWARDS

Awards are currently being presented at the following times. Parents are welcome to join us:

K-2 – in the library at 8:45 Yr 3 in Rm 14 at 2:45	Yr 4 in Rm 6 at 2:45	Yr 5 & 6 in Rm 9 at 8:45
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In **Term 4** as the weather improves, we will hold Merit Award Assemblies as follows:

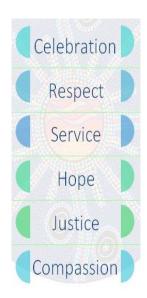
K-2 Assembly – in the library at 8:45pm	Years 3-6 Assembly – on the blue softfall at 2:40pm (weather permitting)
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TERM 3 CORE VALUE AWARDS

As a Catholic School in the Diocese of Broken Bay we are committed to building positive relationships between all members of our community. We strive to embed the values of our Catholic community in all areas of school life. Our core values are based on Gospel value and students treat each other.

Congratulations to the following children who have been nominated by their peers and teachers to receive the Core Values Award in Term 3. Their awards will be presented at our Prayer Assembly on Monday 24 September in the Church.

Kindergarten	Lawson L	Respect & Justice
	Imogen S	Hope & Compassion
Year 1	India G	Respect, Hope & Justice
	Lara C	Celebration & Respect
Year 2	Sophia H	Celebration, Hope & Compassion
	Jeremy B	Celebration, Respect & Service
Year 3	Fin H	Hope & Compassion
	Isabella S	Celebration, Respect, Service & Compassion
	Asha F	Celebration & Compassion
Year 4	Amelia H	Celebration, Respect & Compassion
	Charlie L	Celebration & Respect
Year 5	Ruby C	Celebration & Justice
	Luca A	All core values
Year 6	Bonnie J	Celebration, Respect & Service
Year 6	Justine L	Service, Hope & Compassion
Year 6	Harry P	Celebration & Compassion



YEAR 3 PRAYER ASSEMBLY

Year 3 presented a beautiful assembly on Monday morning, sharing with us their learning about First Eucharist and the Last Supper.

More than the information they presented, it was the way they conducted themselves so reverently and with such sincerity that showed just how much they have grown as disciples of Jesus as they have prepared for communion.

We will continue to celebrate First Communion this weekend at St John's.



SCHOOL NEWS

ST JOHN'S MUSIC ENSEMBLE PERFORMANCE

Our Music Ensemble are very excited to perform for us next Wednesday morning at morning assembly at 8.45am. Our musicians have been working hard (they sound pretty good from the staff room!) and we can't wait to hear them play – all welcome!

PLASTIC FREE TUESDAY - OUR FIRST LUNCH BOX AUDIT

As part of our first official 'Plastic Free Tuesday' we held a 'lunchbox audit'. Our Year 5 students went around to every class and counted examples of different items in the children's lunchboxes. The results were quite surprising, to say the least.

We expected (hoped!) to find lunchboxes that looked like this:



But unfortunately, a lot looked more like this!



Here are details of the full audit:

	KC	KG	1B	1G	2N	2R	3R	30	3B		4SC	4B	5D	5NF	6DI	5/6F	Totals
Glad Wrap	6	2	4		1 5	ę	5 3	3	6	9	5	. 4	13	11	15	0	89
Plastic Bags/Zip Lock Bags	9	8	3	4	1 3	1	3	3	8	7	6	11	12	11	6	1	95
Chip & Biscuit Packets	12	8	7	1	7 12	6	6 (3	17	8	11	15	5 19	23	24	3	180
Muesli Bars/Roll Ups	3	1	1	1 3	3 3		3 :	3	0	2	4	2	2 3	3	6	0	37
Yoghurt tubs/Fruit tubs	1	0	0	() 0	1	1 ()	1	1	1	1	1	2	1	0	10
Squeezy yoghurts	2	1	1		3 1		3 (0	0	1	2	1	0	0	2	1	18
Paper bags or wrappers	1	1	1	() ()	2	2	1	1	6	1	8	3	7	2	0	34
Aluminium foil	2	1	1		3 5	() :	2	4	2	4	4	1 5	6	8	1	48
Juice Boxes	1	0	5	() 0		5 ()	1	0	1	1	2	0	2	0	18
other	0	0	0	-	1 2		3 3	3	0	0	0	1	0	1	6	1	18
Total Rubbish in each class	37	22	23	22	2 .31	31	1 23	3	38	36	35	48	58	64	72	7	547
Plastic Rubbish	33	20	16	18	3 24	2	1 1	7	32	28	29	34	48	50	54	5	429

This definitely raised questions within the classroom about what is being purchased at the supermarket and put into our lunchboxes.

There was great interest in some of the reusable materials and containers being used, such as beeswax wrap, and of course mini reusable containers. Some families had ZERO single use plastics in their lunchboxes – well done!

We will hold another lunchbox audit next Tuesday. I wonder what creative ways our families will come up with to reduce the single use plastics!

Our Year 3, 4, 5 and 6 students had a great day at Beverley Job Park today developing cricket skills and participating in some fun games, thanks to our PE teacher, Mrs Parry and Cricket Australia. We even had a visit from cricketing legend, Alyssa Healey, wicket keeper for Australia (and from Australian cricket royalty, niece to Ian Healey and married to Mitchell Starc!).



Check out the video and some additional pictures in the '<u>News'</u> on our website, or on our Facebook page!

Today was a fun day of cricket and we got to play with our teams all day, We played four games and they were awesome. The only problem was that we were hitting such good shots we needed bigger pitches! I loved today. Ethan (5D)

We had a skills session with Alyssa. We played a game where you had to get the ball over the stumps and the others had to catch "the bomb". If you dropped it or it hit the ground, you were out. It was a nice surprise to have her teach us, it was like have a present. Abbie (30)

SCHOOL DISCO





TELL THEM FROM ME - PARENT SURVEY

Thank you to the parents who have already completed the 'Tell them from me' survey. It will be open until the end of Term 3 and we encourage all of our parent community to get involved.

This survey will give us insight regarding student engagement, well-being, classroom climate, and other factors known to affect learning outcomes and will be used to inform school policy and practice. Your answers can bring changes to the school.



The survey only takes about 20min to complete and we would appreciate your feedback. Please go to <u>https://www.tellthemfromme.com/survey/splash/sjan</u> (or click on the image above).

CROUP

We have had several incidents of croup reported in the school. A Facts Sheet was sent by Flexibuzz today and is attached below for your information.

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

LETTERS BACK FROM ST JOSEPH'S IN GILGANDRA

It was a wonderful surprise to receive a substantial package in the mail earlier this week, full to the brim with letters and thank you cards from the students at St Joseph's in Gilgandra. These are the children we wrote to with our words of support during this time of drought.

The students at St Joseph's have told us a bit more about where they live, what their daily lives are like, their upcoming school fete (they are going to have a dunk machine, just like us!), and the fact that there has been a little bit of rain. Mostly they talked about how our letters gave them hope and made them feel connected. What a beautiful thing!

I love the idea of ongoing communication between our two schools – learning all about each other and all of the ways we are the same as well as the ways we are different.

Some of the letters have been uploaded to the '<u>News'</u> section of the website as well as our Facebook page!



SPELLING AND USING VISUAL MNEMONICS



Last week I asked if you had any ideas for visual mnemonics to help with spelling tricky homophones. Our Year 6 kids have come up with some very creative designs – check them out on the '<u>News'</u> section of the website as well as our Facebook page. Send your own in!

ST JOHN'S FETE

A big shout out and thank you to the wonderful companies and families who have already donated gifts or sponsored parts of our school Fete – it's going to be such a fun day! Stay up to date with what's going on in our lead up to the big day by checking out our Fete web page - <u>https://www.sjandbb.catholic.edu.au/our-school/st-johns-fete/</u>



We will be having an incredible "Side Show Alley" at our fete.

Activities will include a **"Dunk Tank"** – come and dunk your favourite teacher or principal – look out for the roster!

Or come and show your strength with the "High Striker" and what fete would be complete without the "Laughing Clowns".

There are stalls available (3mx3m)for only \$100 plus GST. BYO table and marquee. Please email our Fete committee on <u>sjan@dbb.catholic.edu.au</u>



Saturday 3rd November 10am - 3pm 166 Alfred Street, Narraweena

Free Entry DJ Kit Kat - All Day Disco Giant Inflatable Rides & Mechanical Rides Side Show Alley Show Food Come experience the fun!

Pre-purchase ride tickets \$20 https://www.trybooking.com/book/event?eid=401089& Tickets also available on the day

LIBRARY NEWS

BOOK COVERING

We have lots of new books thanks to the generous donations from the Book Fair. If you are able to help us get these books ready for borrowing by taking home a small bag of books for covering we would really appreciate it. Contact will be supplied with the books.

FAMILY LIASION

THE RESILIENT CHILD AND THE RESILIENT GIRL WORKSHOPS

Did you miss The Resilient Child and The Resilient Girl workshops this term?

We had such positive feedback from our previous sessions that we will be offering the workshop again on **Thursday 27th September at 8:45am** room to be advised depending on number of attendees. The workshop runs for approximately 2 hours. Please register or send any enquiries via email to <u>Jeanie.mcdonnell@dbb.catholic.edu.au</u>

September 21st, 2018

Dear Parents

The Advisory Council would like to thank the families who have contacted us in relation to the school hall. We would like to acknowledge that Mark and Nat have been working with the Parish and the Catholic Schools Office (CSO) to strongly advocate for our school to resolve the issue of the school hall as quickly as possible. Unfortunately, there have been continued delays, beyond the control of both the school and parish, in progressing the issue and moving it forward to resolution.

Accordingly, the Advisory Council, on behalf of the wider school community, has contacted the Director of Schools, Mr Peter Hamill, at the CSO. We have emphasised the importance in having this issue positively resolved without delay and have requested they consult with our parent community, so that we are involved and informed.

We welcome any further comments or feedback. Please feel free to contact the school directly or any member of the Advisory Council or P&F.

We hope to have a prompt response from CSO, which we will communicate with you as soon as possible.

Kind regards

Rachael Crookwell (30 & 5D), Natalie Bradshaw (5D & 5NF), Amelia Chandler (3B & 4B), Meghan Bassett (6DI and 3B), Lisa Rourke (5NF), Wendy Jones (KC & 2N), Carol Glover (KC & 5D), Nicci Bradley (6ID & 5NF) Julie Hogan and Agi Reefman (KC & 1G).

St John's Advisory Council

COMMUNITY NEWS





CIRCLE OF FRIENDS Year 6 Girls - Spring School Holidays

Reconnecting your daughter with her innate strengths Strengthening her self-trust as she navigates teen years & Providing her a safe place to belong

Thurs 4th Oct - 10am-1pm - Brookvale Sydney - \$55 www.bit.ly/circleoct4th

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Croup

What is croup?

Croup is a common respiratory illness in young children which can cause narrowing of their airway. It usually occurs in children between 6 months to three years of age, Symptoms include a hoarse voice, a barking or "brassy" cough and noisy breathing. Croup can last for a few days and usually the symptoms are more severe at night. Before the cough develops, your child may have a sore throat, a fever, red eyes, a runny nose, or a poor appetite. With the cough, you might notice that the breastbone is drawn into the chest and a 'crowing' sound called stridor as your child breathes in may also be heard. Your child's voice is usually hoarse and breathing can become difficult especially if he/she becomes upset.

Some children have many episodes of croup – these episodes usually occur at night and do not last long, often settling within an hour or so. This is sometimes called "spasmodic croup" and can come on suddenly even when your child does not have a cold. This form of croup is more common in children who either have asthma or have a family history of asthma and allergy.

Why does it happen?

When you breathe, air passes through the voice box (larynx) and windpipe (trachea) into the lungs. In croup, the voice box and windpipe become inflamed and narrowed because of swelling of the lining and increased phlegm. This blockage causes the windpipe to partly collapse - like when you suck hard on a blocked straw. Young children who have small soft windpipes have the most difficulty. The size and strength of the windpipe increases as children grow up which is why croup is less common in older children.

What causes the blockage?

Most episodes of croup are due to viral infections however in spasmodic croup there may not be a trigger. Croup is more common in autumn and winter.

Treatment

Mild croup can be managed at home. The symptoms of croup are often worse at night when the air is cooler. Making the air moist and warm is often recommended but there is no information to prove that it does help your child. In fact having your child breathe warm and moist air makes the risk of hot water or steam burns much more dangerous than the croup itself and should be avoided.

Do not use steam for your child's croup or cold.

Instead:

- Try to calm and comfort your child
- Encourage your child to drink plenty of fluids.
- If your child's croup gets worse and you are worried that it might be serious, take your child to their doctor or the nearest emergency department for help.







© The Children's Hospital at Westmead, Sydney Children's Hospital, Randwick and Kaleidoscope Children, Young People and Families.

Croup is usually caused by a virus, so antibiotics will not help. However oral steroid medication and adrenaline through a nebuliser have been found to be effective and are now routinely given in hospital to treat moderate or severe cases of croup. These medicines reduce the swelling in your child's airway and help them to breathe easier. After treatment most children can be discharged home from the emergency department without need for admission

How long does it last?

Generally, croup is worse during the first few days of the illness and may sometimes last up to a week. The cough usually lasts longer. There will be no permanent damage after an episode of croup.

When to seek help

If your child has any of the following, go to a doctor or hospital straight away:

- breathing is difficult
- your child becomes pale or blue (cyanosed) which usually happens after a coughing spell
- your child becomes restless, irritable and/or delirious
- you notice the breastbone being drawn in severely
- your child has a high temperature and has increasing dribbling and /or drooling
- your child is not drinking enough
- the "crowing" noise made by your child is heard when they breathe in and out even when your child is resting
- If you suspect that your child has accidentally inhaled a foreign object
- you become concerned for any other reason.

Remember:

- Croup is often a mild illness but can get worse quickly
- Croup is often worse at night
- Steam does not help and may lead to accidental burns
- If there is severe breathing difficulty, or, if your child is distressed, contact your doctor or local hospital
- Croup can quickly become serious, so do not hesitate to get medical help
- There is effective treatment for severe episodes of croup.



EVOLVE TENNIS ACADEMY

Multi-Sport Holiday Camps



BOOK YOUR CHILD IN NOW TO GET MEGA MOTIVATED DURING OUR 2-DAY SCHOOL HOLIDAY MULTI-SPORTS CAMP

 KINDY - YEAR 6 | 8:30AM - 3:30PM

 KINDY - YEAR 6 | 8:30AM - 3:30PM

 NON STOP SPORTS, MUSIC AND HIGH ENERGY ALL DAY LONG

 NEW CAMPERS RECEIVE A FREE ROOKIE JERSEY

 NEW CAMPERS RECEIVE A FREE ROOKIE JERSEY

 NEW CAMPERS RECEIVE A FREE ROOKIE JERSEY

DAVIDSON HIGH SCHOOL MIMOSA ST, FRENCHS FOREST 2nd-3rd October 2018 NBSC SENIOR CAMPUS HARBORD RD, FRESHWATER 8th-9th October 2018

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OCTOBER 2018

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SCHOOL HOLIDAYS



MULTI	
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- 9 exciting team sports
- Perfect for boys and girls, age 5+
- Supervision 8am 6pm
- Prices from \$30 per day

DATES:

ALL WEEKDAYS DURING THE SCHOOL HOLIDAYS.

PRICES:

EARLY BIRD DEALS FROM JUST \$30 PER DAY. BOOK MORE DAYS AND SAVE, SEE PRICES ON OUR WEBSITE.

LOCATION: WARRINGAH RECREATION CENTRE, KENTWELL ROAD. NORTH MANLY



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