



ST JOHN'S NEWS

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PRINCIPAL NEWS

Dear Parents,

We began our first Parent Information Evening with a brief video collage of our new Kindergarten children beginning school. Even though starting school is a time of significant change for them, our transition program, our playgroup and the cooperation and involvement we have received from the parents of our new students have helped the children get to know us and have a positive start to school – all shown through the video. A joyful experience for each of us.

Years 3 and 4 will be holding their Information Evening tonight in the library beginning at 6:30 pm. Come along to meet the teachers, hear what's happening and understand how the classes will be running for this year. Dates and times for other grades are listed in our calendar below.

During these first few weeks of school, it is really important to establish consistent routines and ensure that the children are getting enough sleep. Good routines help create a sense of security and safety for children, they establish clear boundaries and expectations and they set children up for success. This article from [Parenting Ideas](#) (please see attached) provides some great tips for parents to consider at this time of year and includes opportunities for further learning along with more parenting resources.

An invitation has been sent to you, the broader Parish and the local community to give feedback to our Church about what you believe God is asking of us in Australia at this time. A focus group session is being held on Tuesday, February 12th in our school library at 7:00 pm and a repeat session will be held on Saturday morning February 16th 10-11:30 am at St John's Church. This process is a rare opportunity for us to have our say about the future.

Here is a link to a beautiful resource (Walking the Way) for parents focused on how to include gentle and natural talk and ideas to build our children's understanding of how to include our faith practices into family life - [Walking the Way Latest Bulletin](#). We have a tab to the resource on our Weebly page as well and archived e-bulletins can be accessed there. Give it a go, I'm sure you'll enjoy what it has to offer.

A reminder that our first Family Mass is being held tomorrow evening at 5 pm. All families are welcome.

Best wishes

Mark Bateman – Principal

SWIM CARNIVAL:

Our annual Swim Carnival is fast approaching. This is a scheduled day for attendance and rolls will be marked. Children in Years 1-6 take are expected to take a positive and supportive part in the carnival. We require written parental explanation for non-attendance or non-participation. Kinder will remain at school but take part in a special water play activities.

Please note, it is important that we know about children who are attending the carnival as non-swimmers. Non-swimmers in Year 1 will take part in the lane supervised 15 m noodle race and the cheering activities. The Year One 15 and 25m races are for children who can swim without lane supervision.

SAFER INTERNET DAY:

The internet is an important part of our daily lives but it does need to be managed and parents need to ensure the supervision of their child's use of the internet is in place. We have **Internet User Agreements (IUA)** in place at St John's and these are strictly enforced at our school. Parents are required to support our practices and be aware of them which is why you are required to sign off on our IUA's. By following the links to the procedures below, you can set up **your** social media communication to be safer:



Use the [Privacy Checkup](#) to review and adjust your settings to make sure you're sharing with who you want. You might also want to review photos and posts that someone has tagged you in. If you don't like something you're tagged in, you can [remove the tag](#) or [ask the person who tagged you to remove the post](#).



Anyone can view your profile and posts on Instagram. You can make your posts [private](#) so that only followers you approve can see them. If your posts are set to private, only your approved followers will see them on hashtag or location pages. You might also want to check that you actually know your [followers](#) in real life.



Configure your Snapchat profile to only receive messages from users on your [My Friends list](#) and to control who you share your stories with. This might be a good opportunity to review your *MyFriends* list to ensure that you have only people who you know in real life. You might also want to check that [SnapMap](#), a location-based service is disabled for your own personal safety and privacy.

The Office of the eSafety Commissioner's [iParent](#) portal is packed with resources to help you address online safety with your children (link on the 'Keeping Safe' in the 'Wellbeing' page on our Weebly).

*****A reminder that for the majority of social media apps, including these listed above, have a minimum age of 13 to join.*****

DIARY

| Week 3 Term 1 Mon 11 Feb | Week 3 Term 1 Tues 12 Feb | Week 3 Term 1 Wed 13 Feb | Week 3 Term 1 Thurs 14 Feb | Week 3 Term 1 Fri 15 Feb | Week 3 Term1 Sat/Sun 16/17 |
|---|--|--|-------------------------------|--|--|
| 6:30 pm Year 5 & 6 Parent Information Evening | 6:30 pm Yr 1 Parent Information Evening Plenary Council session – library 7pm | 6:30 pm Yr 2 Parent Information Evening | | SRC presentation @ assembly | <i>Plenary Council session – St John's Church 10am</i> |
| Week 4 Term 1 Mon 18 Feb | Week 4 Term 1 Tues 19 Feb | Week 4 Term 1 Wed 20 Feb | Week 4 Term 1 Thurs 21 Feb | Week 4 Term 1 Fri 22 Feb | Week 4 Term1 Sat/Sun 23/24 |
| | | <i>St John's Swimming Carnival</i> | | | |

ICLT User Agreements at St John's

Technology User Student Agreements was sent home last week. Please read carefully and discuss with your child before signing and returning to school ASAP.

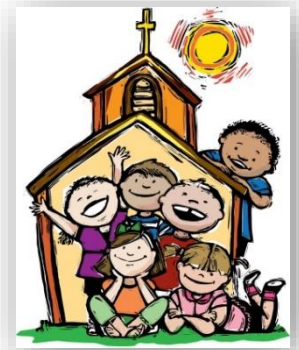
SCHOOL PARISH MASS – SATURDAY 9TH FEBRUARY

We are very excited about the start of our new year. We would love the community of St John's to join us at our first Family Mass this Saturday 9th February at 5pm. Our **Year 1** and **Year 6** students will be hosting Mass but EVERYONE is welcome to join us. There will be a sausage sizzle after Mass.

If you are going to join us and you do not have a child in Year 1 or Year 6 – just go to <https://goo.gl/forms/tOPcSy42FlouPKlw2> and let us know how many sausage sandwiches your family would like.

Regards

Year 6 Mission Team



WELCOME LITURGY – FRIDAY 8TH FEBRUARY

We will be holding our Welcome Liturgy tomorrow (Friday) in the church at 2:10pm.

Our Year 5 students will receive their Seniors badges and we will welcome everyone back to the new school year.

Family and friends are warmly invited to join us.



PLENARY COUNCIL UPDATE

The Parish is holding **Listening and Dialogue sessions** for the Plenary Council Process next week.

The Warringah Parish Pastoral Council invites you to participate in reflecting on and discussing the question "What do you think God is asking of us in Australia at this time?"

The sessions will be held on:

Tuesday 12th February 7:00-8.30pm

concurrently at St John's School Library and St Kevin's School Library

or

Saturday 16th February 10:00-11.30am

concurrently at St John's School Library and St Kevin's Lower Hall or Library

Everyone has their story and the Listening and Dialogue sessions are an attempt to catch our stories and the notes from the sessions will be submitted to the Plenary Council.

I will be holding a session at school on Thursday 14th February at 8:45 in Room 5 (Music Room) if you are unable to come to the parish sessions.

If you think the church is doing a marvellous job doing what God is asking of us and nothing needs to change - then the Plenary Council would love to hear your story!

If you have questions for the church – then the Plenary Council would love to hear your story!

If you think there are things that need to change – then the Plenary Council would love to hear your story!

If you are unable to attend one of the Listening and Dialogue Sessions – you can go straight to the website to have your say: <http://plenarycouncil.catholic.org.au/resources/have-your-say/>

or fill in a paper submission:

<https://docs.google.com/document/d/1ntwW7Js0PqGINx9P2FZRG22Y16eB9DjOuO0ROhYjKCO/edit?usp=sharing>



WHAT IS IT LIKE BEING A YEAR 5 BUDDY?

I share a buddy with Scarlett. Tonight, my parents and I discussed that so far my experience of being a buddy has been positive and fun. The leadership qualities I've used are:

- prompting (e.g. asking her if she wants to take her whole lunchbox out to recess/lunch)
- adaptable (to suit most situations)

Some successes have been within the first day, we taught our buddy where to run and and got her into some habits e.g. using soap as well as water.

A challenge we've approached was stopping our buddy from going into the boy's bathroom! It was unsuccessful but in the end she came out! So far our buddy has been fun and exciting and full of surprises.

I wonder how the next couple of years will be?

Amelia (5W)

NEW CLASS PARENTS NEEDED FOR 2019

We are looking for 2 class parent volunteers for each class of 2019.

One of the class parent roles is to help organise a school event during the year eg kindy have the disco in term 4. There is a folder of knowledge kept in the office from previous years to assist you with this task.

We also require a representative from each year to attend the P&F meeting which occur once per term. The P&F meeting for term 1 has been scheduled for **Tuesday 26 February** in the library and will go through the events in the calendar year and update you on other school related issues.

Should you wish to volunteer to be a class parent please come and see myself in the playground and email either Joanne.woolford@bigpond.com.au or the office on sjan@dbb.catholic.edu.au

COMMUNICATION UPDATES FOR 2019

NEWSLETTERS – Newsletters will continue to be uploaded to our website on Thursday afternoons. From Week 2, we will no longer send an email to families, rather we will just send a Flexibuzz to let you know it is ready to read.

To ensure effective communication we ask for families to please remember to download and use Flexibuzz and Qkr.



FLEXIBUZZ

- **UPDATE YOUR CHILDREN'S YEAR GROUP FOR 2019** (click Enter Here, click the 3 lines at the top right of the screen, select year)

- We suggest you also select 'Whole School' in addition to your individual child's class
- Once you have updated the year group you will be able to submit absence notes to your teacher

QKR – for canteen ordering, school fee and other payments.

Refer to school website (<https://www.sjandbb.catholic.edu.au/news-events/150/p/>) or Weebly (<https://stjohnsnarraweena.weebly.com/parent.html>) for information on each app

If you have any questions about how to download these Apps or update your child class, please feel free to contact the office.

PROCEDURE FOR PICKING UP AND DROPPING OFF CHILDREN ON WARATAH PARADE

A reminder that each family must register to use the Waratah pick up; in order to receive a laminated family name card. Drivers will place one of these name cards in the windscreen on the passenger side to allow the teachers to see which children need to be ready to get into cars.

The procedure for Waratah pick up is attached to the newsletter.

Library Borrowing

All students are encouraged to borrow from the school library remember they may choose books they can read independently or books for you to read to and with them.

Library Bags

Please remember to pack your child's library bag. They are very disappointed if they are not able to borrow. The library bags help to protect the books in their school bags, if you are sending you're sending a bag that is not the St John's library bag we prefer something which is waterproof.

**Book Covering**

We are lucky enough to have a large number of new books for students to use in their classrooms for reading. I urgently need help with covering of these fabulous new resources. I will provide the contact and they can be taken home for you to do at your own pace. If you could help out please collect a bag from the library.

**The P&F Gazette**

News and information from the St. Johns Narraweena Parents & Friends Association

**Welcome to the St John's P & F Association for 2019!**

Did you know you're already a member?

By simply being a parent or carer of a St John's student, you have membership in our Parents & Friends Association. Please know that you're always welcome to participate in any capacity, big or small. We'll be telling you more about what we do and how we support the school over the coming weeks via the P&F Gazette. If you have any questions at any time, please get in contact! Email any time at stjohnspandfassociation@gmail.com or feel free to approach us in person if you know us already.

Bel H & Saartje D – Presidents Matt M – Vice President Gen F – Secretary
Russell S – Treasurer Jo W – Class Parent Coordinator

**Save the Date! Saturday 9th March 6pm onwards**

To everyone new to our community, and to everyone who's been here a while, this is the way we say **HELLO 2019** and **welcome!**

In the coming weeks we will provide more details about the evening, but going on previous years it will be a fantastic night and a great opportunity to meet fellow parents and school staff!

School Uniform Shop Open Fridays 8.30 – 9am and 2.30 – 3pm in the canteen

Did you know we have a fantastic and well stocked supply of pre-loved school uniforms right here at St John's? It's simply the best way to save, re-use, and also support our P&F fundraising for the school.

Linda S is our wonderful Uniform Shop Coordinator, and she's excited about continuing this brilliant service to our community. If you're unable to come to school on Fridays you can email Linda at sjanschooluniform@gmail.com for your requirements or any questions – she will be glad to help you in any way.

And remember, if you have any uniform items that you no longer need (in good condition) we'd love you to donate them to the Shop – simply drop them off at the office or to Linda on Fridays – thank you!

Call Out for Class Parents

Our class parents are an important role for our school and our children, they organise their year group's event, help with communication between the teacher and parents with support from the P&F to help them with the events. Having a strong school community and support network assists our children to thrive at St Johns.

If you would like get to know people, contribute to the school and your child's development we need volunteers for 2019. If you are interested, please contact Joanne Woolford: joanne.woolford@bigpond.com.au

Parent Contact List

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 below.

You will need to fill in the linked form below for **EACH** child in your family.

<https://docs.google.com/forms/d/e/1FAIpQLSfOyAQasHpOxjaxMlbnd3RuCTAZxs0O6BNrI55mN0cDx0MCQQ/viewform>

Canteen

We are always looking for volunteers to help out at lunch times in the canteen and also to provide help in placing name stickers on the lunch bags in the mornings. If you are interested in helping out with the canteen please get in touch with us at the P&F stjohnspandfassociation@gmail.com.

Best wishes,

Bel, Saartje, Matt, Russell, Jo & Gen

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>

Children using the bus must remember to tap on and off using their Opal card as the data from registration of trips is used to make decisions on whether the bus keeps running or not.

Book Club

Dear Parents,

The best gift any parent can give a child is the love of books and the joy and benefits of independent reading for fun. Children who read at home, or are read to, have a head start on reading success in school.

Our school is participating in **Scholastic Book Club** this year. Twice a term, during the school year, I will send home a Club catalogue with a different selection of books offered for all ages.

You'll find award-winning books and bestsellers, as well as old and new favourites. I recommend them because the books span a wide range of children's reading levels and interests and because they are inexpensive (some books cost as little as \$2).

It is easy to order. The **Book Club LOOP** platform for parents allows you to pay by credit card. Your child's order is submitted directly to school safe and sound and the books will be delivered to class. You can place your child's order at scholastic.com.au/LOOP or using the **LOOP** app, which can be downloaded from the App Store or Google Play.

Owning your own books is something special! I hope that you will encourage your child to order books this year. Each order helps earn free books and teaching materials for our classroom, however there is never any obligation to order. I know of no better way to encourage reading than to allow children to choose the books they want to read.

Sincerely,

Louise

Book Club Co-ordinator



Issue One on-line orders are due Monday 11th February.

insights



Top five strategies to improve your parenting this year

by Michael Grose

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement led by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book *The Strength Switch* and current President of the [International Positive Psychology Association](#) will show you how to focus on kids' strengths in her webinar '[Switching on your child's strengths](#)'.

2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert [Dr. Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar '[Balancing extra-curricular activities](#)'.

3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar ‘[Teach girls to build each other up](#)’, focusing on friendship skills especially for parents of girls.

4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it’s mostly undetected as community understanding of anxiety is low. It’s our experience at Parenting Ideas that many parents are anxious and they don’t know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar ‘[Managing your child’s anxiety](#)’ to help parents on this challenging but important topic.

5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they’ve become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person’s important life markers in his webinar ‘[Creating 21st century rites of passage](#)’.

Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We’ve pointed you in the right parenting to take this year. With our webinars we’ve made it easy to take that vital first step. Have a great parenting year.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.



Evergreen School Music Program

Our passion is to encourage all students to ‘...be musicians for life’.

HOW DOES IT ALL WORK?

Structured music sessions take place on 1 set day (Wednesday).

Students are required to bring their own instrument to sessions (with the exception of keyboard and drums).

GENERAL INFORMATION

| | MIXED ENSEMBLE |
|-------------------------------------|--|
| Day / Time | Wednesday 7:30am – 8:30am |
| Duration of each Session | 60 minutes |
| Cost Per Session | \$20 per student |
| Invoicing | Term Blocks prior to commencement |
| Minimum Enrolment | 2 full school terms (6 months) |
| Additional Tuition Required? | YES Students must be receiving private tuition to complement learning |

- All enrolments for the School Music Program are done online via the following link:
[2019 MUSIC PROGRAM ONLINE BOOKING](#)
- Rehearsal times are set at the start of each term and run weekly during school terms.
- Rehearsals are not held on Public Holidays or Pupil Free days.
- Students are automatically enrolled from one term to the next (including one academic year to the next) unless appropriate notice period provided.
- Evergreen Music manage all administration, collection of fees and liaising with parents, alleviating any additional workload for the school.
- For Full Terms and Conditions - <https://www.evergreenmusic.com.au/schoolprogramterms>

| | Emphasis / Objectives | Output |
|-----------------------|--|--|
| MIXED ENSEMBLE | <ul style="list-style-type: none">- Children/School to choose ‘Band Name’- Fun and contemporary repertoire- ‘Pop Band’ line-up rather than conventional ‘Concert Band’- Strong encouragement of wind and brass instruments- Children MUST be having private tuition on their instrument | 1 x Performance (and or) Video Recording per term |



Waratah Parade Procedures

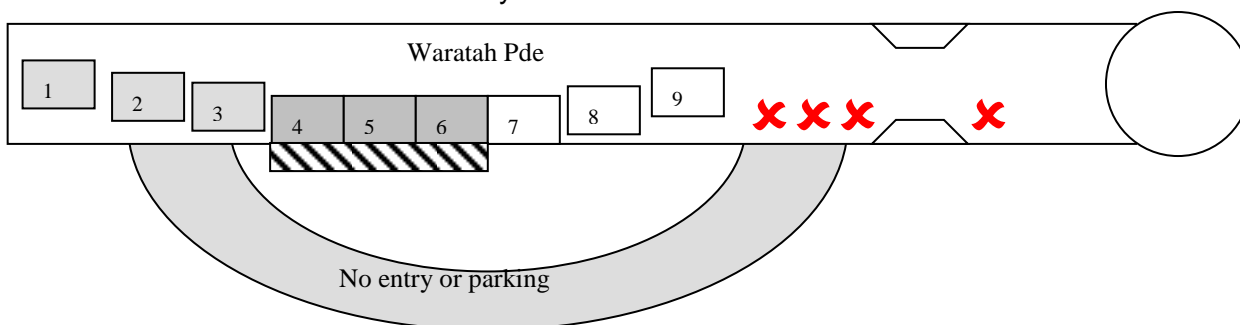
Please follow the instructions below for **dropping off** and **picking up** children in Waratah Parade. It is imperative for the safety of all children that all parents and carers use the correct procedures. If you have others (eg. grandparents) using this entrance it is your responsibility to train them to use this area safely.

- The zone runs between the two driveways of the church in Waratah Parade. It is a small area and holds only 6 cars at a time.
- Do not PARK in this zone – morning or afternoon. It is a 5 minute zone for loading and unloading passengers. If you wish to walk into the school please **DO NOT** park here!

In the morning - pull into the zone, let your children out and drive off. You should not need to get out of your car. **DO NOT** drive into the church driveway or park in the church grounds.

In the afternoon – children are escorted to “walkers” by 3:10pm.

- If the zone is full – you need to drive around the block or park somewhere else. **DO NOT** line up over the church driveway or pedestrian crossing! This is illegal and you may be fined.
- When the children arrive at Waratah Parade, they will sit down while teachers organise them to be loaded into the waiting cars.
- Children will only be allowed to get into the **first three cars** in the line up. Once these cars are loaded and leave the pick up area, the line of cars will move forward and the next three will be loaded. The three cars being loaded must move away in that order (eg. in the picture below, car 6 can not pull away before cars 4 or 5).
- Under no circumstances should you block Waratah Parade.



- Each family must register to use Walkers and receive a laminated family name card. Drivers will place one of these name cards in the windscreen on the passenger side to allow the teachers to see which children need to be ready to get into cars.

Registration for St John's Afternoon Walkers

- I have read the revised procedures for the afternoon Walkers system and will abide by them.
- I have advised all caregivers for my children of these procedures:

Surname: _____ Eldest Child's Class: _____ Signs Required: # _____

These name tags will be placed in the windscreen (passenger side) to assist with the efficient loading of children.

Signed: _____