



ST JOHN'S NEWS

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Issue No 4 – 21st February 2019

PRINCIPAL NEWS

Dear Parents,

The annual St John's Swimming Carnival ran very smoothly yesterday and it was great to see the involvement of the children in this first big sporting event of the school year. Our school Colour House Captains did an excellent job whipping up the enthusiasm of their teams as they led the cheering and helped with the organisation of the day. They were able to provide wonderful encouragement to their house members during the swimming events as well. We were very grateful for the support of our parents and staff. Much needed to be done and it was great to have the assistance we received. A really big thank you to Mrs Parry, our PE Teacher, who organised the carnival with the support of our St John's Sport team.

Children in Year 3 and those who have received the Sacraments of Baptism and Confirmation are eligible to receive the Sacrament of Reconciliation. An Information and Introduction evening for parents and children will be held Thursday evening, February 28th beginning at 7 pm in St Kevin's Church at Dee Why. The Parish program for Reconciliation, involving preparatory sessions with children and parents, is supported and enhanced at school as the children study key aspects of this sacrament in their religion classes. As we move into the season of Lent, we are all encouraged to examine and strengthen our relationship with Jesus by taking part in Reconciliation ourselves. Lent begins with Ash Wednesday, March 6th. St John's will participate in our local Parish Mass for Year 3-6 with our K-2 classes taking part in a special liturgy. Please read the relevant parts of the newsletter for further information.

Our playground is nearing completion. The landscapers advise that we have about two weeks, depending on the weather for the project to be completed. Re-commissioning of the hall is progressing. Father Reinaldo is in consultation with the Parish about the changes communicated to you at the end of 2018 and important documentation concerning the running of the hall is being developed at CSO at the moment.

Late last year I took part in a process of review in my role as Principal of St John's. The Director of Schools, Mr Peter Hamill, has accepted the recommendation of the panel that I continue in my role as with the next review taking place in four years' time. The commendations centred on the modelling of faith and values; the use of collaboration and shared leadership as a means of building a relational culture; positive relationships with students and contribution to different levels of education in our diocese and beyond. The recommendations centred on the use of open and direct communication and the promotion of the many positive achievements of our school. I wish to thank Father Reinaldo and all parents and staff, who elected to take part in the process via survey and, or interview. The feedback from the panel will support me as I continue to work in a role that brings me joy every day as I work with you, our staff and children in the cause of Catholic education.

With best wishes,

Mark Bateman – Principal

ENROLMENTS FOR 2020 – SPREAD THE WORD

Enrolments are open for Kindergarten children for 2020. Interest in other grades is welcome. We will be holding Open Mornings and Evening this year for interested families. Dates and time are as follows:

St John's Open Mornings -

Tuesday March 19th 9:15 am – 10:40 am

Tuesday May 7th 9:15 am – 10:40 am

Open Evening - Tuesday March 19th 6:30 – 8:00 pm

Enrolment forms must be in by the end of May 2019 for 2020. We encourage all siblings to have forms in as soon as possible – this will assist us in identifying available spots for next year. School Tours can be booked on Wednesdays and we encourage families to attend playgroup every second Thursday of the month. Please phone 9971 9297 or email sjan@dbb.catholic.edu.au for a booking or further details.



DIARY

Week 5 Term 1 Mon 25 Feb	Week 5 Term 1 Tues 26 Feb	Week 5 Term 1 Wed 27 Feb	Week 5 Term 1 Thurs 28 Feb	Week 5 Term 1 Fri 1 March	Week 5 Term1 Sat/Sun 2/3
<i>Year 3 Prayer Assembly 8:45 in the church</i>	<i>Yr 3 boys to St Paul's Catholic College P&F meeting 7pm - library</i>		<i>Northern Beaches Swimming Carnival Reconciliation Information Evening 7pm</i>		
Week 6 Term 1 Mon 4 March	Week 6 Term 1 Tues 5 March	Week 6 Term 1 Wed 6 March	Week 6 Term 1 Thurs 7 March	Week 6 Term 1 Fri 8 March	Week 6 Term1 Sat/Sun 9/10
<i>Year 2 Prayer Assembly 8:45 in the church</i>		<i>Ash Wednesday</i>	<i>Open Evenings at Mater Maria and St Paul's 4pm-7pm</i>		<i>St John's Bush Dance 6pm</i>

IMPORTANT DATES FOR THE DIARY

Sat 16 March

School Parish Mass – Yr 3 & 4 @ 5pm

Mon 19 March

Open Day morning 9.15-10.40am

Open evening 6.30-8pm

Thurs 4 April

St John's Playgroup 9-11am

Tues 9 April

Year 3 & 4 Soccer Gala Day

Thurs 11 April

Year 5 & 6 Soccer Gala Day

Fri 12 April

St John's Cross Country

Last Day of Term

AWARDS



Awards are presented on Friday:

K-2 Awards in the Library at 8:45, 3-6 Awards on the Softfall at 2:40

Strength & Gentleness		Mitchell J (1B)				
KB	Alessia G Hugo L Alfons M Malia S	3B	Tyler J Crystal L Blake W	5W	Natalie G Matthew H	Sports Ben T (1B) John Paul F (3/4W) Max K (6B)
1B	Leo O Imogen S Tom W	3/4W	Jack K Neeve S	6B	Max K Olivia O	
1W	Evie B Mitchell K Violet W	4B	Olivia B Lennox D Marcus H	6W	Domenic B Alison L Hayley M	Drama Isaac C (KB) Hugh C (5B)
2B	Chloe C Harrison D Noah M	4W	Gianni D Lucas P	5/6F	Amie E	
2W	India G Hunter H Ellie W	5B	Aurora P Hugh C			Library Edmund C (KB) Library Team

ENROLMENT FOR THE SACRAMENT OF RECONCILIATION

Children in Year 3 and older who have made their Confirmation are eligible to receive the Sacrament of Reconciliation.

In the Sacrament of Reconciliation, the focus turns to God's mercy, how we forgive among our family, friends and community, and how we celebrate forgiveness.

The Reconciliation Information Session will be held on Thursday 28th February at 7pm in St John's Church.

The actual Sacrament of Reconciliation will take place in Wk 10: Monday 1 April, 5pm @ St Kevin's, Dee Why, Tuesday 2nd, Wednesday 3rd and Thursday 4th April, 5pm @ St John's, Narraweena.



UPCOMING DATES FOR THE CALENDAR

Our Liturgical Season of **Lent** begins with Ash Wednesday on 8th March. Ash Wednesday takes place 46 days before Easter Sunday. It is a season of penance, reflection, and fasting.

Years 3-6 will attend Mass with the Parish at 9:30 and K-2 will have a liturgy in the Church at 11:15.

Parents and friends are welcome to join us for this important day in our church calendar.

Don't know much about Ash Wednesday? Have a look at [this clip](#) which gives a good overview.

School Parish Mass – Saturday 16th March @ 5pm

Years 3 & 4 will be hosting our Parish Mass and sausage sizzle. Everyone is welcome to join us.

PLENARY COUNCIL UPDATE

We had a great Listening & Dialogue session at school last week. You always learn so much about the other people in the group, about their faith and about their hopes for the future of our church. I'm very grateful to the mums who gave up their time to take part in the group.

I've been involved in more than a dozen sessions now and some fairly consistent themes are emerging – most of which relate to **change** in our church.

I am hoping that **EVERY family** has taken the time to make a submission – to share their story – to ask questions.

We are in a privileged position – the Bishop's have asked us, the laity, to contribute and I really encourage you to do just that. These submissions will actually be used to form the Agenda for the Plenary Council in 2020. Don't waste this opportunity.

SUBMISSIONS CLOSE ON 6TH MARCH – DON'T LEAVE IT TOO LATE.

You can still 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/1ntwW7Js0PqGlnx9P2FZRG22Y16eB9DjOuO0ROhYjKCQ/edit?usp=sharing>



Plenary Council 2020
Listen to what the Spirit is saying...

NB: You can make all submissions anonymous if you wish – you just skip past any questions you don't wish to answer.

SWIMMING CARNIVAL

The St John's Swimming Carnival was a great success! It was wonderful to see so many of our students getting in and having a go – working towards a personal best AND supporting their colour house team. You have to be in it to win it! Our colour house captains and the rest of our senior students ably led their teams in cheers and really showed how we can model good sportspersonship!

Many of our students will now be proceeding on to the Northern Beaches Swimming Carnival next Thursday 28th February at the Warringah Aquatic Centre. Notes will be sent home with additional information for those students and families.

Here is a snapshot of the day, more photos on our Facebook and Weebly pages!



KINDY FUN WATER DAY

Kindergarten got into the spirit of the swimming carnival by holding a Water Fun Day of their own at school. While the rain prevented us from using the sprinklers and inflatable toys we still had lots of water play. Students walked through the shark's mouth where they were able to go fishing, blow bubbles, paint with ice or water colour paints, wash cars or dinosaurs and bowl over coloured water bottles.

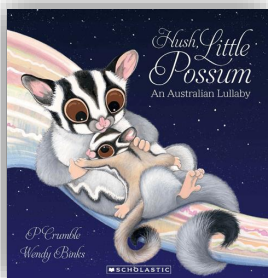


TOUCH FOOTY LEGEND

One of our Year 6 students, Andie, is a keen touch footy player. She competes with the Northern Beaches Renegades and travelled to Port Macquarie last weekend to compete in the Northern Conference of the NSW competition. They made it all the way through to the grand final and after a tough game, conceded to Manly with a final score of 3-1. Congratulations Andie, we're very proud!



FREE BOOKS AT BIG W!



Big W have launched an initiative where they will be giving away a picture book each week for 12 weeks, beginning today! You need to go into a Big W store and ask the door greeter for your free book – one per child (while stocks last). They have a lovely selection of picture books available – check out the titles - <https://www.bigw.com.au/free-books-for-kids> and head on down to Warringah Mall!



Following on from last week's 'Safer Internet Day', I thought I'd share a couple of links with you that I always find worth a viewing.

Leonie Smith is 'The CyberSafety Lady' and we have had the opportunity to have her present at our school before (a few years ago via the Northern Beaches Police). She regularly updates her blog and Facebook page with hints and tips for parents. I recommend you bookmark her page - <https://thecybersafetylady.com.au/>



Office of the eSafety Commissioner

Additionally, the Office of the eSafety Commissioner - <https://www.esafety.gov.au/> also has a plethora of resources for parents AND for children on keeping safe online. We have links to this and to their 'iParent' portal on our school weebly (under the Wellbeing tab) - <https://stjohnsnarraweena.weebly.com/keeping-safe.html>.

\$100 CREATIVE KIDS AND ACTIVE KIDS VOUCHERS GO LIVE

Families can now access Creative Kids vouchers, providing them with \$100 for every school-age child to help cover the cost of enrolment for creative and cultural learning activities. Parents can use one voucher for every school age child per year to help meet the cost of structured creative and cultural activities, such as music lessons, languages, coding, drama and theatre, photography and graphic design.

Further information is available at: <https://www.service.nsw.gov.au/creative-kids-faqs-parents-guardians-and-carers>

Additionally, \$100 vouchers are also available for Active Kids. The voucher may be used with an approved activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

Further information is available at: <https://www.service.nsw.gov.au/active-kids-faqs-parents-guardians-and-carers>

IMPORTANT CHANGES TO ADMINISTERING MEDICATION

Parents please note that if your child needs to have medication administered at school a form is required by law to be filled out by your doctor with the correct paperwork attached to the medicine (by the pharmacy). The form (and medication) is to be brought into the school before our Admin staff are able to administer medication. This does not only apply to prescription medication but includes Panadol, Nurofen or any other over the counter medications.

This is a Diocesan directive and the MEDICATION POLICY FOR DIOCESAN SCHOOLS SYSTEM can be found on our website under [News & Events – Notes](#).

Asthma and Anaphylaxis forms were sent home in week 2 to all children who have noted they are asthmatic or have anaphylaxis. These forms should be sent back to school **no later than Friday 27 February**. All children are required to have an epipen and Ventolin at school. Please contact office if your child is no longer asthmatic or anaphylactic.

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.



The P&F Gazette

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

P&F Contact List

Please fill in your details by **tomorrow, Friday 22nd February** to be included in this year's list. Remember to fill in a new form for each child.

[https://docs.google.com/forms/d/e/1FAIpQLSfOyAQasHpOxjaxMlbnd3RuCTAZxs0O6BNrI55mN0cDx0MCQQ/viewform?usp=pp_u
rl](https://docs.google.com/forms/d/e/1FAIpQLSfOyAQasHpOxjaxMlbnd3RuCTAZxs0O6BNrI55mN0cDx0MCQQ/viewform?usp=pp_url)

Class Parents and P & F meeting, Tuesday 26th February from 6pm

Our first Class Parent meeting for the year is on Tuesday 26th February from 6pm in the school library. Following on at 7pm will be the P&F meeting. All are welcome! Food and drinks provided! If you have any questions or items to add to the agenda, please email stjohnspandfassociation@gmail.com

Help! We still need more Class parents! If you're interested in being a Class parent please get in touch!

Canteen News

Great News – **Sausage Roll Day** is tomorrow! Get your orders in now!

Please remember to place your lunch orders before 8.30am each day.

Bush Dance – Saturday 9th March at 6:00 PM

Dust off your boots and dig up your overalls, you're invited to St John's Bush Dance!

It's free entry and there will be music performed by our favourite band, Ducks on the Pond, a BBQ, lolly bags, face painting, raffles, prizes & more. **Place your food orders via the Qkr! app.**



Best wishes,

Bel, Saartje, Matt, Russell, Jo & Gen

FAMILY LIAISON

Term 1 Parent Course – 123 Magic and Emotion Coaching

Many of you have requested parent courses via the 'My Child and Our Family' Information notes sent home by class teachers earlier this term. This term we will be offering the very popular *123 Magic and Emotion Coaching* course. I strongly recommend this course to all parents of children ages 2-12. The course material covers managing difficult behaviours as well as learning how to tune into your child and help them understand their emotions and behaviours. Please see all the details included in the flyer on the back of the newsletter. Jeanie Mc Donnell - Family Liaison / Parent Education

OPEN DAYS

Stella Maris College Manly – Wednesday 13 March 4pm-7pm 52 Eurobin Avenue, Manly 9977 5144

Visit our website for more details – <http://stellamaris.nsw.edu.au/>

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

Visit our website for more details - www.matermaria.nsw.edu.au

St Paul's Catholic College – Thursday 7th March 4pm-7pm Darley Road, Manly

Visit our website for more details – www.stpaulsmanly.nsw.edu.au

St Augustine's College Friday 1st March from 3.45pm to 7pm Federal Parade Brookvale

Visit our website to register your interest and for more details - <https://www.saintaug.nsw.edu.au/2019-open-day>



**Northern
Beaches
Waterpolo
Academy**

Flippaball – Skills & Drills – Manly Swim Centre, Friday evenings 7pm to 8pm. Ideally suited for boys and girls age 7/8/9 years of age. Learn basic skills for Water Polo in a fun environment.

We also run this program at Warringah Aquatic Centre on Sunday evenings 6pm to 7pm.

Junior Development Competition – We have places available in our teams, Division 1 Competition for Boys and Girls Born 05/06 and experienced Born 07/08's. This competition is run on Friday evenings at Manly Swim Centre and games are scheduled between 7pm and 9pm.

Beginner/Development Competition – We have places available in our Division 2 Beginner/Development teams. This competition is run on Sunday evenings at Warringah Aquatic Centre from 5pm to 7pm. It is open to Boys and Girls Born 07/08 and 09's who have completed Skills sessions. All players are required to be independent and confident swimmers. If you wish to give Water Polo a try, this is the ideal competition to join. Players will learn the basics as they go during the 8 weeks of the competition. We are hopeful they will then wish to continue and join the specific Skills and Drills training sessions in Term 2.

Visit the Northern Beaches Water Polo Academy website <https://www.revolutionise.com.au/nbwpa/> and click on the EVENTS tab to view all programs on offer or contact Paula Woolley – 0409905501 - Email nbwaterpoloa@gmail.com

Come & Try Rugby

When: Sunday Feb 10 & 17

Time: 3 - 5pm

Where: Griffith Park

Bring runners and water bottle

Coaches will be running activities for the kids
and answering questions about the 2019 season

We have teams for Boys and Girls

From U6 to U18

Playing 15 a side and Sevens



collaroyrugby.com

facebook.com/collaroyrugby

**Free
Event**



A stylized graphic of a guitar. The body is a large yellow circle. The neck is a vertical orange rectangle with three white lines representing strings. The headstock is a yellow rectangle at the top with two dark blue circles representing tuning pegs. A dark blue circle represents the sound hole. A dark blue rectangle is at the bottom representing the bridge.

St John The Apostle
Primary School
Invites you to the

2019

BUSH DANCE

FEATURING

MUSIC BY DUCKS ON THE POND |
FREE ENTRY |
DRINKS | BURGERS | BBQ |
LOLLY BAGS | NOVELTIES |
FACE PAINTING |
RAFFLES | PRIZES & MORE |

Sat | 9. 3.19 | 6PM

**St John's
playground**

**PLACE YOUR FOOD ORDERS
VIA THE QKR APP**

ST. JOHN THE APOSTLE

Catholic Primary School Presents



Course for Parents

1-2-3 Magic and Emotion Coaching

This course encourages a calm approach to parenting, even in those tough moments, and shows parents how to improve their relationship with their children. Recent brain research is showing the importance of giving children practice at managing their emotions, and therefore, their behaviour. We now know that children can learn about their feelings and be taught how to manage their emotional selves to be more resilient and make better choices.

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.

Where: St. John the Apostle Catholic Primary School
166 Alfred Street, Narraweena. School library.

When: **Mondays:** 25th March, 1st & 8th April.

Time: 9-11:15am OR 6:30-8:30pm.

Cost: \$10 for a workbook covering the 3 sessions.

Presenter: Jeanie Mc Donnell: Jeanie.mcdonnell@dbb.catholic.edu.au

RSVP: Bookings are essential: <http://www.schoolinterviews.com.au>

Booking Code: **ducrg**

Queries: School office 9971 9297 or
Email: sjan@dbb.catholic.edu.au

Live Life Well @ School

TERM 1 2019 Newsletter Snippets Instructions

Please see below a suggested bi-weekly newsletter topic schedule that may assist you in planning your Term 1 school newsletters.

The newsletter snippets are easy to copy and paste and provide information to families on healthy eating, physical activity and limiting screen time.

TERM 1	NEWSLETTER TOPIC
Week 4	Importance of Breakfast
Week 6	Healthy School Canteens
Week 8	Bike Riding
Week 10	Reduce Recreational Screen Time
Extra	Healthy Lunch Boxes
Extra	Fruit, Vegetable and Water Break
Extra	Let's Skip To It

Thanks! From the Northern Sydney LLW@S team ☺

Live Life Well @ School

IMPORTANCE OF BREAKFAST



It's the most important meal of the day, but 1 in 4 children in Australia skips breakfast.

At school, a hungry child can lose concentration in class and have no energy for playtime.

Quick and easy breakfast ideas:

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

Handy tip:

Discourage children from eating breakfast in front of the TV.

This can also help speed up your morning routines!

For more ideas, search 'breakfast' at healthykids.nsw.gov.au



Health
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Live Life Well @ School

HEALTHY SCHOOL CANTEENS



WE'RE ON OUR WAY TO BEING
GREAT
HealthySchoolCanteens.nsw.gov.au

Great things are happening at school canteens in 2019.

There's a FREE menu check service helping canteens meet the Healthy School Canteen Strategy by December 2019.

Find information on how your vital role can support the Strategy and increase student access to healthy options.

Visit www.healthyschoolcanteens.nsw.gov.au



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Live Life Well @ School

BIKE RIDING!

Children under 16 years of age (and adults supervising them) are now allowed to ride on footpaths in NSW.
Happy riding!

Follow these tips for safer cycling:

- Wear an approved, fitted and fastened helmet
- Keep left when riding on the footpath and give way to pedestrians
- Wear bright or reflective clothing to make yourself visible
- Travel at a speed that is safe for you and others



National **RIDE2SCHOOL** Day

22 March 2019 is
National Ride2SchoolDay.

Walk, bike, ride, skate or scooter to school to celebrate active travel!

More tips:
www.bicyclenetwork.com.au
www.roadsafety.transport.nsw.gov.au



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Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase
outdoor green
time!



'Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.'

Search 'Outdoor Play' at
www.mindmatters.edu.au



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Live Life Well @ School

HEALTHY LUNCH BOXES

Pack the five food groups!

Include all five food groups into your child's lunchbox and water as the best drink!

Breads & Cereals:

Wholegrain bread, pasta, noodles, wrap or crisp bread.

Vegetables: Carrot, capsicum or celery sticks, salad on a sandwich.

Meat & Alternatives: These provide protein. Try cooked lean beef or lamb, skinless chicken or turkey, egg, legumes or hummus.

Dairy: These provide protein and calcium. Try a slice of cheese, yoghurt or milk.

Fruit: Serve in a fun and creative way. Try fruit skewers or fresh cut up fruit in a container ready to eat.

Provided by Cancer Council NSW

More tips and recipes:
healthylunchbox.com.au



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Live Life Well @ School

FRUIT, VEGETABLE AND WATER BREAK

The **Crunch&Sip** break at school is a good opportunity for children to stay hydrated.

Children lose fluid when being active, especially over the summer months.

Drinking water is the best way to quench your thirst.



Help your children choose water as their drink:

- Pack a water bottle each day.
- Try adding a frozen water bottle to your child's lunchbox to keep food items cool.

For more ideas, search
'choose water' at
healthykids.nsw.gov.au



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Live Life Well @ School

LET'S SKIP TO IT!

Skipping is a fun way to improve cardiovascular fitness, balance coordination and muscle tone.

Get Skipping!

- **Practice** a walking skip by moving arms over the head before attempting to step or jump over the rope
- **Skip** through a hoola hoop
- **Play** fun music and skip in time to the beat
- **Get involved** in Jump Rope for Heart!



Skipping rope teaching cues:

1. Head and shoulders held level and straight
2. Arms held at 90 degrees with elbows close to the body
3. Move wrists in a circular action to turn the rope
4. Slight knee bend

For more ideas:
Search 'Jump Rope' at
www.heartfoundation.org.au



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