



ST JOHN'S NEWS

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Issue No 7 – 14th March 2019

PRINCIPAL NEWS

Dear Parents,

This Friday is the annual National Day of Action Against Bullying and Violence. St John's is a strong supporter of this initiative and we use the opportunity to have a whole school focus on anti-violence and anti-bullying. The best resources available to teachers, parents and children can be found at <https://bullyingnoway.gov.au>



In relation to anti-bullying we have a three tiered approach:

Tier 1 - Prevention. This is about teaching anti-bullying principles; implementing our Positive Behaviours for Learning (PBL) rules and expected behaviours along with our Consequences Matrix; introducing and practising our Stop, Talk, Walk procedure with the children; providing resources to the community our website about these issues including links to the '[bullyingnoway](https://bullyingnoway.gov.au)' resources and our Anti-bullying Guidelines.

Tier 2 - Early Intervention. Encouraging children, parents and teachers to report incidences of violence and bullying to the school so they can be investigated and addressed accordingly. Your child's class teacher, or a member of staff are your first port of call. This includes working with children and parents, monitoring agreed actions aimed at changing behaviour and developing respectful relationships.

Tier 3 - Specialised Intervention. Use of co-developed behaviour plans to support students needing this level of intervention; professional assistance where necessary; more intense monitoring and follow-up of incidents in line with our Anti-bullying Guidelines.

It is important to not confuse inappropriate one off behaviour with bullying which is ongoing, repeated behaviour aimed at deliberately using an imbalance of power to hurt another person. One off behaviour is not acceptable and needs to be addressed but may not be bullying. This short video introduces the idea of what bullying is and isn't <https://bullyingnoway.gov.au/resources/videos/pages/videoplayer.aspx?VideoID=82>

Whole school, supportive messages and actions about **kindness and compassion over anger and aggression** are critical to maintaining a safe and supportive environment. The children will be tying orange ribbons of support on our school fence and may also create their own badges and bracelets to wear tomorrow to send the message that we are united against violence and bullying.




A reminder that our School Family Mass will be held this Saturday evening in the Church beginning at 5 pm. Years 3 and 4 will be hosting this month.

Sincerely

Mark Bateman – Principal

DIARY

Week 8 Term 1 Mon 18 March	Week 8 Term 1 Tues 19 March	Week 8 Term 1 Wed 20 March	Week 8 Term 1 Thurs 21 March	Week 8 Term 1 Fri 22 March	Week 8 Term1 Sat/Sun 23/24
<i>Year 6 Prayer Assembly 8:45 in the church</i>	<i>Open Day morning 9.15-10.40am Evening 6.30-8pm</i>		<i>Class Mass 10:05 Years 1, 2 & 6 Harmony Day</i>		
Week 9 Term 1 Mon 25 March	Week 9 Term 1 Tues 26 March	Week 9 Term 1 Wed 27 March	Week 9 Term 1 Thurs 28 March	Week 9 Term 1 Fri 29 March	Week 9 Term1 Sat/Sun 30/31
<i>Year 5 Prayer Assembly 8:45 in the church</i>					<i>Bush Dance</i> 

IMPORTANT DATES FOR THE DIARY

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

ATTENDANCE REMINDERS

A reminder to families that if your child is sick or absent from school, you are legally obliged to contact the school and provide a reason for your child's absence.

To explain an absence parents and carers may:

- send a note or an email
- send a Flexibuzz
- visit the school and talk to the ladies in the office or the teacher.

Absence notes are available on our [school website](#). All absences must have an explanation (illness, etc).

If your child arrives late to school (**after 8.50am**), you **MUST** come in with your child to sign them in on the iPad in the front office. Please do not send your child in on their own.

Taking children out of school for long absences is discouraged. If children are away from school for 10 days or longer, an 'Application for Extended Leave' ([available on the school website](#)) must be completed and signed off by the school principal. Thank you for your support.

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 9:15am – 10:40am

Tuesday May 7th 9:15 am – 10:40 am

Open Evening –

Tuesday March 19th 6:30 – 8:00 pm



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.



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		Oscar H-R (5B), Max C (5W)				
KB	Dana C Liam C Luca G Mark H	3B	Jake F Ellison T	5W	Liam C Biba D	Sports Livia D (2W) Alessia L (6B)
1B	Fleur D Cerys G	3/4W	Brock V Aiden M	6B	Maurice J Annie S	
1W	Teya H Tahlia M	4B	Nicholas L Joy N	6W	Charlotte B Oliver L	Drama Isla P (4W)
2B	Taj H Lilah R	4W	Anton C Jake D			
2W	Gibson G Aiden P	5B	Charlie L Khyla M			Library Isaac C (KB) Koby B (4W)

SPIRITUAL NEWS



SCHOOL PARISH MASS – SATURDAY 16TH MARCH @ 5PM

Join us this weekend for our School Parish Mass. The Yr 3 & 4 children have been preparing a wonderful celebration for us. Weather permitting, we will hold a sausage sizzle after Mass. If you don't have a child in Year 3 or 4 please use this link to order your sausage sandwiches:

<https://goo.gl/forms/Bm2jpL1gO3nvlzPl2>

Everyone is welcome to join us – why not make this part of your family's Lenten preparation?

LENTEN PRAYER OPPORTUNITY – TAP SOMEONE ON THE SHOULDER!

We had a fantastic meeting today (thank you...there was a lot of shoulder tapping!) and we are looking forward to next Thursday. Come along and try it out. Do something different this Lent!

We are meeting once a week, during Lent, for 20 minutes max. on **Thursday mornings** straight after morning assembly in **Room 5 (Music Room)**. It's very guided – and you can say as much or as little as you like. You don't have to commit to every session, it's OK to come to the sessions that you can make. Toddlers are welcome.

Our next session will be **Thursday 21th March**.

PROJECT COMPASSION 2019

Ever wondered where the money we raise each year is spent? Here is just one of the success stories from 2018 and she just happens to be the face on our Project Compassion boxes this year:



Thandolwayo, a 12-year-old girl in Zimbabwe, would walk seven kilometres each day to collect contaminated water for her family. She then went to school exhausted from hours fetching and carrying water. It looked like she would never realise her hope of finishing her education and becoming a nurse, until a Caritas Australia supported project created access to clean water helping Thandolwayo to stay at school and achieve a future full of hope.

I wonder who will be helped by the money we raise this year?

LEADERSHIP REVIEW AND DEVELOPMENT – NATALIE INGRAM

As part of my review process in my role as Assistant Principal here at St John's, I welcome feedback from our parent community. I would ask if you can take 5 minutes to complete a short survey – [link](#). The survey has 10 questions and you can select from 'strongly agree' on the left through to 'strongly disagree' on the right. It will be open for the next few weeks. Your feedback will help with my reflections on the past few years as well as plan for future development. I appreciate your input.

THREE-WAY GOAL SETTING INTERVIEWS

Bookings are currently open for our teacher, parent and student interviews at the end of Term 1. These interviews offer a chance to touch base and set learning goals for the remainder of the year. Please go to

www.schoolinterviews.com.au and use the code **eqcsb** to book in your meeting time.

WELLBEING WEEK – MAINTAINING FAMILY WELLBEING



Every family is unique, but building strong and well-maintained family relationships will help you face challenges together, no matter what your family circumstances. As we celebrate Wellbeing Week this week, we think about how we can care for the health of the *whole person* – physical, mental, social and emotional and what this might look like within your family unit.

Wellbeing is not about being happy 100% of the time, but rather about having a strong sense of self; of recognising your emotions and managing them; and about having a collection of strategies to help you to find a balance in your life.

So what are some ways to build strong foundations?

- **Communication** – it's not just about keeping lines of communication open, but also actively making time for each family member, giving them the space to discuss their lives and their feelings.
- **Support** – when communicating with your family, make an effort to be an active listener. For example, turn off your phone while the other person is talking.
- **Spend time together** – enjoy family activities together. It could be something as simple as cooking a meal together or planning a family day at the beach.
- **Acceptance** – no two people are the same. A family is made up of individuals, each bringing unique qualities to the family unit.
- **Rituals** – routine family activities are a great way to reinforce the family foundations. For example, always eating together at a dining table and taking the time to celebrate each family member's birthday are some simple rituals to put in place.
- **Chores** – instead of being something that creates conflict, chores can foster a sense of responsibility. Suggestions include; inviting children to participate in planning sessions to decide who will do which chores.

Read more about building strong foundations at [CatholicCare](#) and read more about wellbeing on the "Wellbeing" fact sheet at [BeYou](#).



Tomorrow is National Day of Action against Bullying and St John's will be taking part in a number of activities – including tying orange ribbons to the school fence in a sign of solidarity that bullying and violence are never ok.

This week, all of the classes at St John's have been learning about the 'Stop, Walk, Talk' strategy. In simple terms, the strategy involves:

STOP

Children need to tell the other child that they don't like the problem behaviour and to ask them to **STOP**

WALK

If the problem behaviour continues, the child is to **WALK** away from them

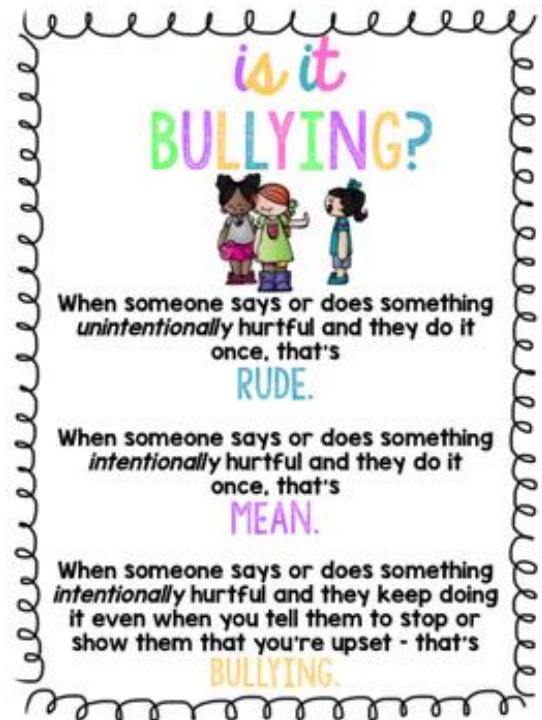
TALK

If the problem behaviour doesn't stop, they need to **TALK** to a trusted adult/teacher on duty.

All of our staff wear fluoro vests on playground duty and should be the first point of call for children needing support.

More information on the strategy can be found [here](#) and the video we have been using to introduce this strategy to the children can be found [here](#).

We are teaching this from a more holistic view than just about 'bullying'. I think the visual to the right here is a great summary of what bullying IS and ISN'T. We are supporting ALL children in developing their social and emotional skills, particularly around responsible decision-making and social awareness.



DANCE STAR



Violet M (Yr 1) will be representing us at a national level in dance after coming 4th in a recent competition; the 'Get The Beat' Regionals at Engadine. She was in top 10 overall point scores of the day in 6 and under category, meaning she will dance in the "Champions of Champions" category at Nationals in Caloundra.

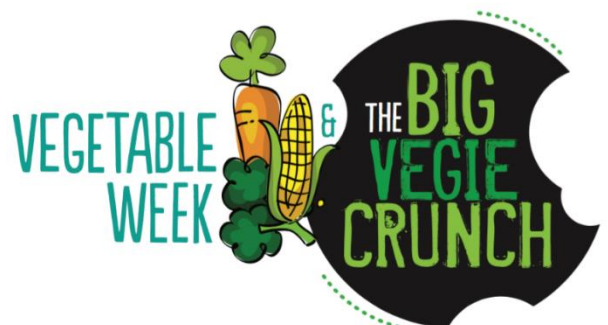
Violet dances contemporary jazz and has a real flair! She will be adding to her repertoire and is looking forward to learning new lyrical and contemporary dances to perform at Nationals in addition to her jazz dance. Violet's parents are super proud of her focus, determination and discipline she has shown. She loves dancing and her favourite hobby is doing 'improv' to music at home in the living room! We wish her all the best and can't wait to hear all about it!

THE BIG VEGIE CRUNCH

'The Big Veggie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables!

The Big Veggie Crunch being held at 10am on Thursday 4th April.

Bring your vegetables on 4th April and let's get crunching St John's!



Next **Thursday 21st March**, St Johns will celebrate **Harmony Day**.

At school we will celebrate Harmony Day with special activities in the classroom, including art, reading stories, listening to and sharing our own family stories.

The students are encouraged to wear **Mufti – Colours of my Country** clothes on Thursday 21st March. eg. Green and gold for

Australia, or the colours of the flag from your country of origin. Alternatively students may wear **orange** - the colour of Harmony Day.



What is Harmony Day?

Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values. The day coincides with the *United Nations International Day for the Elimination of Racial Discrimination*.

Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

Since 1999, more than 77,000 Harmony Week events have been held in childcare centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

Facts and figures:

There are some fascinating statistics about Australia's diversity that can be good conversation-starters:

- nearly half (49 per cent) of Australians were born overseas or have at least one parent who was
- we identify with over 300 ancestries
- since 1945, more than 7.5 million people have migrated to Australia
- 85 per cent of Australians agree multiculturalism has been good for Australia
- apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi
- more than 70 Indigenous languages are spoken in Australia.

These facts are taken from ABS 2016 Census Data. Check out the [Australian Bureau of Statistics website](http://www.abs.gov.au)

SAVE THE DATE!

Social night for year 2 parents.

29/03/2019 from 7PM at The Collaroy.

The venue requires a **\$20 per person** deposit and we will put this money towards shared platters and pizzas on the night.

Classparents (Amy, Jess, Nicole, Sonia and Saartje) will collect money and RSVPs next week.

Please see any of us if you have any questions or special dietary requirements.

Hope to see many of you on the night!

Amy, Jess, Nicole, Sonia and Saartje

Year 6 Parent Social Event

Watch this space for upcoming details



The P&F Gazette

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

Bush Dance – New Date is Saturday 30th March at 6:00 PM

Unfortunately, the weather was not on our side last weekend and the call was made to postpone the Bush Dance. The new date for the Bush Dance is now Saturday 30th March, so don't put away your boots and overalls just yet!

If you had already ordered food and raffle tickets for last Saturday, this will just transfer to the new date.

If you hadn't yet ordered, you now have the opportunity to put your food and raffle tickets orders in through Qkr! until 12pm, Friday 22nd March.

It's free entry and there will be music performed by our favourite band, Ducks on the Pond.

On the night there will be a BBQ, drinks, lolly bags, face painting, raffles, prizes & more.

We've had some wonderful prizes donated for you to win:

	<p>Many Thanks to Dee Why Hotel for their ongoing support and their very generous gift voucher donations</p>
<p>Thank you to WHITE GLO for your very generous donation of products for our Bush Dance Raffle. http://www.whiteglo.com/</p>	<p>THE WORLD'S BEST ORAL CARE White Glo </p>
	<p>Thank you to CHOC & MOI for donating 1.5 hour Kid's Chocolate Workshop for our Bush Dance Raffle. https://www.facebook.com/events/193430841564108/</p>
<p>Many thanks to 7 Miles Coffee Roasters for their donation of a Coffee Hamper towards our Bush Dance Raffle.</p>	
<p>three beans</p>	<p>Thank you to Three Beans for their voucher donation</p>
<p>Thank you to Nomad Distribution for their fabulous hamper</p>	<p>NOMAD DISTRIBUTION p.l.</p>
<p>DEE WHY HEALTH CARE COMPOUNDING PHARMACY  AWARD WINNING PHARMACY</p>	<p>Thanks to Dee Why Compounding Pharmacy for the prizes they have donated</p>
<p>Thanks to Rebel Sports for the prizes they have donated</p>	<p>rebel</p>

Bring along some GOLD coins as there will also be goodies to buy – bandanas, bubble wands, moustaches!

Free Playgroup

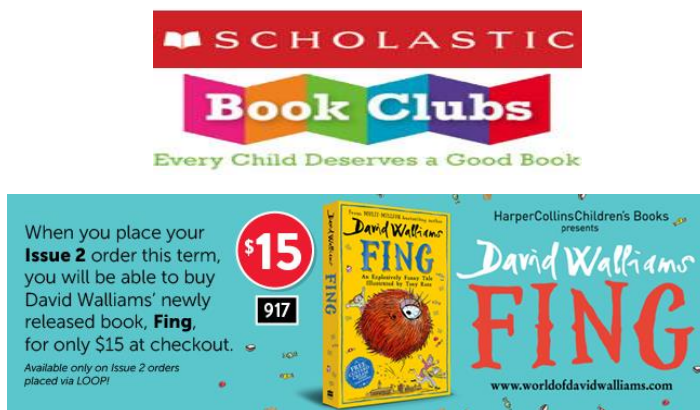
Just a reminder that the next playgroup will be held at 9:30AM on **Tuesday 19th March** in room 1. It has been moved this one time to coincide with the school's Open Day.

Parents/carers are an important part of playgroup and are required to remain on-site with their children during playgroup.

For queries and questions please contact the office via phone (02 9971 9287), email sjan@db.catholic.edu.au or check out our Facebook page [St Johns Narraweena Playgroup](#).

Best wishes,

Bel, Saartje, Matt, Russell, Jo & Gen



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 2 are due no later than

Monday 25th March

School Banking 2019 Polar Savers Rewards

We're excited to announce the new Polar Savers reward items for 2019:

Term 1: Scented Stackable Highlighter, Snowy Origami Set

Term 2: Yeti Fluffy Notebook, Icicle Slapband Ruler

Term 3: Arctic Owl Fluffy Keyring, Scratch Art Cards

Term 4: Water Skimming Bounce Ball, Polar Pencils & Pencil Toppers



Students can redeem 10 silver Dollarmites tokens for a Polar Savers reward by completing a redemption slip and returning the whole slip with the students name and banker ID on their School Banking day.

Remember: School Banking day is TUESDAY!



Col's Music House
Piano Lessons
At St. Johns School
Monday Lunchtime
First Lesson Free

ENQUIRIES: 9972 2311 0412897737



come play
JUNIOR LEAGUE
playrugbyleague.com

COME AND TRY JUNIOR RUGBY LEAGUE

MANKY WARRINGAN SEA EAGLES



**BEVERLEY JOB, MCINTOSH ROAD
NARRAWEENA
5 - 6PM 20TH MARCH 2019**

**REGISTER ON THE DAY + MEET & GREET
SOME OF THE SEA EAGLES NRL PLAYERS!**



A stylized graphic of a guitar. The body is a large yellow circle on the left. The neck is a vertical orange rectangle with three white lines. The headstock is a yellow trapezoid at the top with two dark blue circles. The bridge is a dark blue rectangle at the bottom. The sound hole is a dark blue circle on the neck. The background is a light orange with a pattern of small dots.

St John The Apostle Primary School
invites you to the

2019

BUSH **DANCE**

FEATURING
MUSIC BY 'DUCKS ON THE POND'
FREE ENTRY
BURGERS & DRINKS
NOVELTIES & LOLLY BAGS
FACE PAINTING
RAFFLE & PRIZES

Saturday 30th
March 6PM

St John's
Playground

TO PLACE YOUR FOOD ORDERS
PLEASE USE THE **QKR APP**

Easter Holiday Camps



15th April– 29th April 2019

Join our Holiday Camps and play soccer indoors on grass

CLINICS FILL FAST, SO BOOK NOW!

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

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

Half Days 9.00am-12:00pm | **Full Days 9.00am-3.00pm** | Extended days 8.30am-5.30pm
For 5-14 year olds Book from 2 days to 10 days

Check it Out!





EVOLVE TENNIS ACADEMY

Multi-Sport Holiday Camps

CAMP DATES

Week 1: 15th - 18th April 2019
Week 2: 23rd, 24th & 26th April 2019

CAMP PRICING

Full Week - 3 Day Camp

Full Week Full Days \$111 (EQUALS \$37 DAILY)
Full Week Half Days \$87 (EQUALS \$29 DAILY)

Full Week - 4 Day Camp

Full Week Full Days \$148 (EQUALS \$37 DAILY)
Full Week Half Days \$116 (EQUALS \$29 DAILY)

Single Day Pricing

Full Day \$60 (9-3pm)
Half Day \$45 (9-12pm)



HOW TO BOOK

By email : evolvetenis@evolvetenisacademy.com

By Phone: **9971-0644**

ONLINE : www.evolvetenisacademy.com

WHAT TO BRING

- A racket, if they have one (if not, we have plenty spare)
- A hat & sunscreen + water bottle
- Morning Tea & Lunch (if staying full day)
- YES, we have Pro-Shops at each venue which sells treats, drinks etc...

DETAILS & MORE INFO

- FREE Before & After Care (7.30 - 5pm)
- Ages 4 to 16yrs welcome
- Experienced, Qualified Coaches
- Hotshots Tennis & MULTISPORT Format
- Prizes, Fun & FREE Pizza Each Friday
- Camps run rain, hail or shine

-  CAREEL BAY TENNIS CLUB - Hitchcock Park, AVALON
-  COLLAROY TENNIS CLUB - Griffith Park, COLLAROY
-  WYATT PARK TENNIS CENTRE - Wyatt Ave, BELROSE

10% EARLY
BIRD DISCOUNT
BOOK BY
SUNDAY 24th
MARCH

**EARLY BIRD
10% OFF
LIMITED TIME**

2-DAY SUPER CAMP April 2019

**WHERE EVERY CAMPER'S
TREATED LIKE A ROCK STAR**

Duration: 2-days Age: Kindy - Yr 6 Time: 8.30am - 3.30pm daily
EXPERIENCE: 12 HYBRID SPORTS | 6 SUPER SESSIONS | AMAZING COACHING
AT A LOCATION NEAR YOU #noonedoesitlikemotiv8sports

**GET MOTIV8TED DURING THE APRIL SCHOOL HOLIDAYS
AT THE ONE AND ONLY MOTIV8SPORTS SUPER CAMP 2019.**

Held only once each year Super Camp is a sports festival designed just for kids. Super Camp is an energetic mix of sport, music, street culture, art and dance mashed up to create the ultimate atmosphere for kids who love having fun. With a live DJ pumping the beats and multiple prize giveaways, this is an event not to be missed. All camps are 8:30am - 3:30pm daily non-sleep over events.

**April 15 & 16 - DAVIDSON HIGH
April 23 & 24 - NBSC FRESHWATER**



motiv8sports

**IT'S OUR FAVORITE CAMP OF THE YEAR.
DON'T MISS OUT, BOOK TODAY!**

MOTIV8SPORTS.COM.AU

ZERO & REWARDS CARD HOLDER EXCLUSIVE OFFER



1 DAY ONLY

20%*
OFF
SCHOOLWEAR
AND
EVERYTHING ELSE



INSTORE & ONLINE THURSDAY 14TH MARCH.

* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only.

Styles and colours may vary from store to store.

No rain checks. Please choose carefully, exchanges and refunds only with docket. Includes existing 5% discount.

Offer ends midnight (AEDT) 14/03/19. Must use Zero or Rewards card to receive discount.