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Issue No 10 –4th April 2019

PRINCIPAL NEWS

Dear Parents,

It was great to see so much support for our Bush Dance last Saturday evening. We were able to find a way around the inclement weather with the help of our local Catholic high school and it was so encouraging to see such great attendance at on the night. A huge thank you to St Paul's Catholic College for loaning us their Waterford Hall along with the magnificent hospitality facilities available at the College.

Our Year 4 parents and helpers did an amazing job organising the event. The P&F section of our newsletter has more detailed news about the Bush Dance and our Colour Run which is being held next week on the last day of term at Beverly Job Park.

There is a video of the evening on our Weebly.

Parents, teacher and student interviews have been well attended this week. The earlier scheduling of meetings provides everyone the opportunity to touch base and to set goals for Term 2. I am very grateful to our teachers for the extra time they have spent in preparing and conducting interviews and for the interest and care each of them is showing in our children. Interviews will also be scheduled at the end of Term 2 following the completion of mid-year reports.

Our need to reconcile when something goes wrong, when we make a mistake or make bad decisions, is a very basic one. It happens all the time in families. This week our children have experienced 'reconciling' with Jesus. We offer our congratulations to the children who have already made their First Reconciliation this week, and the final group who will receive the sacrament tonight.

This sacrament is an integral part of preparing for First Communion later this year but also stands alone as a vital reminder of need to be in right relationship with God. It has obvious links to our core value of Hope: *"There is nothing in all Creation that will ever be able to separate us from the love of God."* Romans 8:39. He is the loving Father waiting, with arms open for us to turn to him.

You are invited to join us for our Holy Week Liturgies next week. You'll find details later in the newsletter.



Have a great week ahead.

Mark Bateman – Principal

DIARY

Week 11 Term 1 Mon 8 April	Week 11 Term 1 Tues 9 April	Week 11 Term 1 Wed 10 April	Week 11 Term 1 Thurs 11 April	Week 11 Term 1 Fri 12 April	Week 11 Term1 Sat/Sun 13/14	
Holy Week – Palm Sunday (K) 8:45	Year 3 & 4 Soccer Gala Day	Holy Week – Holy Thurs (Yr 2-4) 2:15	Year 5 & 6 Soccer Gala Day	Holy Week – Good Friday (Yr 5-6) 2:15 St John's Cross Country Last Day Of Term		
Holidays	Holidays	Holidays	Holidays	Holidays	Holidays	
Holidays	Holidays	Holidays	Holidays	Holidays	Holidays	

IMPORTANT DATES FOR THE DIARY

Mon 29th April Staff Development Day

Wed 1st May Year 1 Easter Liturgy – 2:30 in the church

Tues 30th April

First Day of Term 2

AWARDS



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

КВ	Lucas B Isaac C Angus M Harper T	3B	Sophia H Jimmy J	5W	Charlotte C Claudie G-V	Sports Brooke G (6B) Jamie M (1W)
1B	Emma G Mitchell J	3/4W	Gordon M Gemma T	6B	Michael A Charlie S	
1W	Antonella B Alexia N	4B	Abbie D Benjamin F Isabella S	6W	Elissa C Tasman H Edie P	Music John M (5W) Zac A (5W)
2В	Ava C Brandon D	4W	Emma H Jacob H	5/6F	Joshua G Brendan W	
2W	Lucy E Benjamin L Fletcher M	5B	Oscar H-R Rose M			Library Jimmy J (3B) Eliza B (KB)

Strength & Gentleness

YEAR 3 & 4 CLASS MASS

Year 3 & Year 4 attended Mass this morning. The children helped prepare the liturgy: writing prayers, choosing hymns and selecting the gospel they have been studying – Jesus heals the man born blind.



STATIONS OF THE CROSS

If your family is looking to do something special for **prayer** during Lent, then **Friday 5th April** our School is running the

Stations of the Cross in St John's Church from 7:00 – 7:30pm

Each Friday in Lent the Parish holds the Stations of the Cross to remember Jesus' journey to the cross. Our Stations will focus on a social justice link at a level that is suitable for the children. It will be led by the children and we would love to have as many children as possible involved in the liturgy, so if your family can attend, would you please let us know ASAP by clicking on the following link so we can allocate responsibilities. <u>https://goo.gl/forms/vGxGOThUjdmZOUfJ2</u>

UPCOMING EVENTS

Holy Week Liturgies

Holy Week and Easter will take place in the holidays this year. We will hold our Holy Week liturgies in the church in Week 11 and they are always an important opportunity for our children to connect with this key liturgical time. Everyone is welcome to join us as we recall the story:

Monday 8 April @ 8:45 Kindergarten will begin the journey with the story of Palm Sunday. Wednesday 10 April @ 2:15 Year 4, Year 3 and Year 2 will share the story of Holy Thursday. Friday 13 April @ 2:15 Year 5 & Year 6 will remember the events of Good Friday. When we return to school in Term 3, Year 1 will lead our Easter Celebrations on Wednesday 1 May @ 2:30.

Term 2 School Parish Masses

Year 5 and Kindergarten will be hosting our next School Parish Mass on Saturday 11 May at 5pm.

Year 2, Year 3 & Year 4 will host a *special* School Parish Mass on Saturday 1 June at 5pm. More about that next term. Please put the dates in your diary!



THE BIG VEGE CRUNCH



'The Big Vegie 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!

At 10 o'clock, we crunched our way through carrots, capsicums and cucumbers. We crunched into tomatoes, beans and peas. We'll have to wait and see if the record gets broken!





Our sports team prepared a play. Max had to choose between unhealthy options and healthy options. Thank goodness he chose the crunchy vege option!!

What vegetables will your family be crunching this week?

DEVELOPING PLACE VALUE SKILLS

There has been some fantastic work happening around place value right around our school.

3B have beenworking on their place value skills through hands on activities.

In pairs children use a tape measure as a number line. One child says a number and the other has to close their eyes and run their fingers along the tape measure (always started at 1) and they stop when they think they are at the number. They then compare and discuss how close or far away they were.

This is such a great game to introduce or practise using number lines. It helps children understand the 'size' or value of a number relative to the length of the number line.

Our tape measures went to 150...so how far along the number line is 100? 25? 140?



CONSTRUCTION CLUB

This week in Construction Club, we used gravity (and teamwork) to build marble runs!

You CAN try this at home!









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

Friday 12th April 2019 @ Beverly Job Park

It's Cross Country time and it's going to be BIG, bright and colourful! Dress up in your brightest clothes & sneakers. Add a colourful wig, body rainbow nails if you dare! Go mad! Get creative Parents - why not come in the fun? and go a little craaa-aazy too! The colour run is our annual fundraiser event - and all funds raised this year will go towards sprucing up be lots of prizes on offer for the feistiest fundraisers - including the class raises the greatest amount!



paint and along and join school the hall. There'll that collectively

It looked like the weather was going to cause us trouble again, so the call was made on Friday to move the Bush Dance to the fabulous Waterford Hall at St Paul's College. A special thank you to St Paul's College Manly for so generously allowing us to use their amazing facilities – a bush dance with a view of the harbour, what more could we ask for?!

A considerable amount of volunteer time went in to the preparations both prior to and on the night. A huge effort was made by teachers and parents to relocate everything to St Paul's at short notice. Massive congratulations and thank you to the Year 4 group who brought it all together. You worked tirelessly, yet never ceased to smile. It was a fantastic night with lots of music and dancing, the food was great and everyone had a wonderful time.

Crunch Time Wins a Prize!

Last year, Mrs Gillett applied to have the school canteens menu checked by the Northern Sydney Local Health District. This involved providing details of specific ingredients that go into the food provided at the canteen. By participating in the check, the school went into a prize draw, which we won 3^{rd} prize – a \$1000 voucher to spend on catering supplies. With the voucher the canteen purchased a new chest freezer which will be delivered shortly. Thank you Mrs Gillett and congratulations to everyone involved in our fabulous Canteen.

Entertainment Books Have Launched!

Thanks to those of you who have already ordered your books. \$14 from every book sold comes directly to us. Physical books are due to arrive on Friday, so keep an eye out in your child's bag early next week for your copy. Digital memberships should be good to go. If you haven't ordered yours yet, follow this link to get the additional early bird offers that include Woolworths and CellarMasters Vouchers https://www.entbook.com.au/94u9722

Have a great week! Bel, Saartje, Matt, Russell, Jo & Gen

SAVE THE DATE!

Year 5 Parent event! "Save the Date" - Saturday 13 April Time -7pm Address - Ruby Nable's house in Narraweena If you don't have all the details please email Joanne.woolford@bigpond.com.au

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

THE HEART OF LIVING - MINDFULNESS WORKSHOP

One of the teachers in our Diocese, Angela Tonkin, offers a series of workshops, programs, and even yoga sessions to support teachers and parents in mindfulness (for themselves and to better support the children we care for). She has an upcoming workshop next month that you may find suits your needs!

Creating Mindful Connections

Does your child struggle to manage their emotions? Do they experience uncontrollable meltdowns? Maybe they shut down and stop communicating to you? Make irrational choices and decisions?

When and Where: 27 Apr, 10:00 am - 1:00 pm

The Zen Collective (Building 11J), 106 Old Pittwater Rd, Brookvale NSW 2100, Australia Investment: \$60.00

About the Event

THE heast or LIVING

The life of mums, dads and anyone working with kids can get HECTIC! Yes, I completely understand the busy, crazy days that most parents endure! Parenting alone is an intense full-time job without throwing work into the mix!

Some children can really challenge us with their emotions and behaviours. You love them so much, try everything you can to help them and yet you are often left feeling exhausted and wondering what else you can do??

If this resonates... Then maybe ask yourself...

Does your child struggle to manage their emotions? Do they experience uncontrollable meltdowns? Maybe they shut down and stop communicating with you? Make irrational choices and decisions?

I am really excited to be coming back to Canberra to share this 3hr workshop for parents with many tools/strategies for you to learn. Being conscious in your choices as a parent or when working with kids can assist them in learning:

- How to become self aware
- To recognise and regulate their emotions
- To be less reactive
- To increase their ability to focus and learn

If you feel you like you need to reconnect to yourself (your inner child), learn what mindfulness is and how it effects our brain, experience mindfulness in a fun and creative way to share with your children and most importantly explore strategies that can prevent our busy lives from leading to overwhelm, stress and anxiety amongst children, then come join me.

You will learn life changing skills to better communicate and connect with your every changing and growing little ones! Imagine a home where everyone is aware of themselves and how they affect others, they think before they speak and feel deep loving connections with each other.

Come and discover what's possible! Questions? Call: 0421552212

Tickets purchased through clicking the link below: <u>https://www.theheartofliving.com.au/events-1/creating-mindful-connections-sydney</u>



SCHOO

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*T&Cs apply. While stocks last. Cannot be used with any other offer.

School Holiday Activities

Autumn 2019



"Spider-Man in Autumn" by Dylan, age 7, Cromer Vacation Care



northern beaches council

Easter Holday 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-12:00pmFull Days 9.00am-3.00pmExtended days 8.30am-5.30pmFor 5-14 year oldsBook from 2 days to 10 days

Check it Out!



The Football Factory | Unit 2, 8 Aquatic Drive, Frenchs Forest | (02) 9972 7766 ww.thefootballfactory.com.au



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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) ∔ ноw то воок By email : evolvetennis@evolvetennisacademy.com By Phone: 9971-0644 ONLINE : www.evolvetennisacademy.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... - FREE Before & After Care (7.30 - 5pm) - Ages 4 to 16yrs welcome **BIRD DISCOUNT** - Experienced, Qualified Coaches BOOK BY - Hotshots Tennis & MULTISPORT Format SUNDAY 24th - Prizes, Fun & FREE Pizza Each Friday MARCH - 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

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.

WHERE EVERY CAMPER'S



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

EARLY BIRD

10% OFF

LIMITED TIME

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

CA

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

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