



# ST JOHN'S NEWS

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Issue No 24– 8<sup>th</sup> Aug 2019

## PRINCIPAL NEWS

Dear Parents,



We celebrated the Feast of Blessed Mary of the Cross MacKillop this morning, August 8th. Mary was a courageous woman who fought, despite strong opposition, for the right of the marginalised and the poor to an education and to be treated with respect and dignity. Mary is an inspiration to us all. She founded the Sisters of St Joseph, again with strong opposition from the Church hierarchy at the time, then proceeded to establish Catholic schools, the first at Penola in South Australia in 1866. She also established institutions to help the needy across Australia and New Zealand in the late 18<sup>th</sup> century –amazing achievements on their own. Mary was the first Australian saint to be canonised in 2010. The story of Mary's life is a truly remarkable account about how incredible faith inspired a wonderful life.

Mary of the Cross, pray for us!

Missing 2 days of school each month is equivalent to a student missing an entire year of learning in a student's life. So, is there a problem at St John's with attendance? St John's is supporting an initiative from the Catholic Schools Office, Broken Bay, to encourage strong rates of student attendance at school. You will see reference to the '**Learning Everyday Counts**' campaign appearing in our communications over the coming weeks. A brochure will be sent home with your child today.

Our overall attendance is good with illness, especially during winter, having the highest impact on absences. We do, however, notice that arriving on time to school is an area we can improve greatly with parent support. School supervision begins from 8:15 am each morning and school begins at 8:40 am when the children are required to attend assembly which is part of the school day.

To support the '**Learning Everyday Counts**' campaign, a parent workshop is being conducted at St Kevin's in Dee Why on Wednesday September 11<sup>th</sup> from 9:30 – 11:00 a.m. and at St Kieran's, Manly Vale from 6:30-8:00 p.m. The Parent Workshops will have a wellbeing focus and will address school attendance matters such as, good routines and strategies, developing resilience and a growth mindset in children/adolescents. Let's give our children the best chance of learning through strong and consistent school attendance.

My sincere thanks for the support given to our 'Grandparents and Special Friends' Day' held last Friday afternoon by all members of our community. The afternoon was extremely well attended. Our guests took part in a beautiful liturgy organised by Mrs Navarro and Ms Rath. The address of our guest Grandparent speaker, Di Harding, was a highlight. This was followed by a delicious afternoon tea organised by our class parents with donations of treats from our families. Our guests left with a special memento made by the children and were very generous in supporting our Book Fair.

We celebrate our Parish Family Mass this Saturday evening at 5 pm. We'd love to see you there.

Sincerely,

*Mark Bateman* – Principal

## STEM Challenge:

St John's will be sending two Year 6 teams to a Science and Technology, Engineering and Mathematics (STEM) Challenge at Mater Maria Catholic College August 14<sup>th</sup>. Each team of 6 students will present the results of their projects to other student teams from Northern Beaches Catholic Schools. Participants will also have the opportunity to hear from a local scientist, Dr Anne Forbes and to work with the high school students from Mater Maria. The challenge is not a competition but a sharing of ideas and learning from Catholic schools along the peninsula. Thanks to Ms Ingram and Mrs Douglas for their guidance of our teams.

## Successful Science Grant for St John's

**Our school was successful in receiving a \$300 grant from the Australian Science Teachers Association (ASTA) to complete a special project in Year 6 to celebrate Science Week.**

ROVING AROUND THE SOLAR SYSTEM! – Our Stage 3 students will be investigating Earth's place in the Solar System and using creative thinking, problem solving, research and coding skills to find out just how we may use robots to get us ready for our future life amongst the stars! Students will research the surfaces of different planets and planetary bodies to create a map of the surface and then program the Sphero robots to traverse the terrain. Congratulations to our Yr 6 teachers for putting together a successful application to be able to purchase some robots.

## DIARY

Week 4 Term 3 Mon 12 Aug	Week 4 Term 3 Tues 13 Aug	Week 4 Term 3 Wed 14 Aug	Week 4 Term 3 Thurs 15 Aug	Week 4 Term 3 Fri 16 Aug	Week 4 Term 3 Sat/Sun 17/18
3/4W & 4B Prayer Assembly 8:45	Kinder 2020 Parent Evening 6.30pm		Playgroup 9.30am Room 1 Feast of the Assumption – Whole School Mass 9:30	St John's Public Speaking Finals 11.15	
Week 5 Term 3 Mon 19 Aug	Week 5 Term 3 Tues 20 Aug	Week 5 Term 3 Wed 21 Aug	Week 5 Term 3 Thurs 22 Aug	Week 5 Term 3 Fri 23 Aug	Week 5 Term 3 Sat/Sun 24/25
	Parent Ed – Reading 6.15pm P&F Meeting – Library 7pm		Northern Beaches Athletics Carnival		

## IMPORTANT DATES FOR THE DIARY

### Thursday 29<sup>th</sup> August

Playgroup 9.30am Room 1

### Thursday 29<sup>th</sup> August

First Eucharist Rehearsal 7pm – St John's

### Friday 30<sup>th</sup> August

Fathers' Day Breakfast 7:30am

### Saturday 31<sup>st</sup> August

First Eucharist St John's 11am

### Monday 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> September

123 Magic & Emotional Coaching 6.30pm

### Monday 2<sup>nd</sup> September

ICAS Digital Technologies 7.45am – Library

### Thursday 5<sup>th</sup> September

ICAS Science & Technology 7.45am – Library

School Musical – C3 Church Oxford Falls

### Saturday 7<sup>th</sup> September

First Eucharist St Kevin's 11am

### Monday 9<sup>th</sup> September

ICAS Writing 7.45am – Library

### Thursday 12<sup>th</sup> September

ICAS Spelling Bee 7.45am – Library

### Saturday 14<sup>th</sup> September

School Parish Mass Kinder, Year 1, 2 & 3 5pm

### Monday 16<sup>th</sup> September

ICAS English 7.45am – Library

### Thursday 19<sup>th</sup> September

ICAS Maths 7.45am – Library



Awards are presented on Friday:

**NB: K-6 Awards will be presented on the Softfall at 8:40**

STRENGTH & GENTLENESS will be presented on MONDAY mornings during Prayer Assembly

Strength & Gentleness		Cameron O (5W)				
KB	Eliza B Alexander C Malia S	3B	Matilda B Crystal L Lachlan Mc	5W	Biba D Ruby N	<b>Sports</b> Ben T KB Owen N 2W Natalie G 5W
1B	Joshua A Cerys G	3/4W	John Paul F Jack K	6B	Michael A Emma S	
1W	Ethan C Caitlin K	4B	Christopher A Lachlan B	6W	Charlotte B Isabella G Alessia M	
2B	Brandon D Arwen T	4W	Aurelia B Emma H Matthew K	5/6	Leela K	<b>Library</b> Levi E (1W) Hayley M (6W) Edie P (6W)
2W	Liam F Ellie W	5B	Charlie B Jasmine L			

## SPIRITUAL NEWS

### SCHOOL PARISH MASS – SATURDAY 10<sup>TH</sup> AUGUST @ 5PM

You are warmly invited to our Parish Mass this Saturday night (however, despite the warm invitation - bring your beanies – they say it's going to get cold!!)

Everyone is welcome and we will be having a Sausage Sizzle after Mass. If you will be joining us for the Sausage sizzle (and you don't have a child in Year 5 or 6) please use this link to let us know how many sandwiches you need

<https://forms.gle/XuNqyCrA7rHCsmnU8>

### MARY MACKILLOP

Today is the feast of St Mary of the Cross, Australia's first saint. Mary was a person of great faith who trusted God to care for her and provide for her. She was a person of action who, when she saw a need, did something about it. We are called to be like Mary, to be people of hospitality and welcome, to be people of action.

This morning our Mission team led us in a liturgy to celebrate her feast day. We were very pleased to have Fr Emman and Sr Regina join us.



### PREPARING FOR FIRST COMMUNION



Fr Emman invited the children preparing to make their First Communion to visit with him in the church.

He talked to us about the importance of the Sacrament, showed us what all the vessels on the altar are called, and let us ask him any questions. Miss Dunk & Miss Blake took half of the children today, the other half will visit in a couple of weeks.



You are invited to join us for Mass next Thursday 15th August to celebrate the Feast of the Assumption. This isn't just a random choice of day to have a whole school Mass. In fact, it is one of only two *holy days of obligation* (outside of Sundays) with the other being Christmas Day that we celebrate in Australia.

Holy days of obligation were special occasions on which Catholics, over the age of reason, were obliged to attend Mass. The Catechism tells us: "On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that hinder the worship owed to God." For many workers, far from being an obligation, they were *holidays* from work.

If you feel attending Mass on a week day doesn't fit into your schedule, spare a thought for the Catholics in the early 20th century who observed **36 non-Sunday Holy Days**. (Phew!!) In 1911, this was reduced to eight by Pope Pius X.

In May 2001 the Australian Catholic Bishops Conference exercised the option to suppress some of the holy days of obligation (or transfer them to a Sunday) and announced that the only feast days to be observed as holy days of obligation are Christmas Day and the Feast of the Assumption (in addition to Sundays of the year.)

The Assumption of Mary celebrates the Virgin Mary being taken into Heaven, body and soul, at the end of her earthly life. We'd love you to join us at Mass.



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### TEACHING & LEARNING NEWS

On Monday I went to St. Joseph's College to compete in the Polding trials for Rugby 7's. This was the first ever time they had done school-age girls' Rugby 7's. To start the day we did skills such as tackling, passing and defence. After that we played 4 round robin games and then the team for "possibles and probables" were announced and I got picked. We played 'possibles and probables' and I made it through to be in the Polding team. On the 16th and 17th of September I'm going to Penrith to compete in the NSW PSSA trials. I am very proud of myself and looking forward to the NSW PSSA trials in Penrith.



### NF Hero Challenge



This Sunday my family, friends and I are doing a 25km bike ride to raise money and awareness for NF (neurofibromatosis). There is currently no known cure. There are two different types of NF1 and NF2. NF1 causes tumours to grow on the outside of your skin and NF2 causes tumours to grow on the inside of your body on nerve endings. I have NF2. In the month of August, people living with NF have to come up with a challenge (NF Hero Challenge). My family and I have decided a 25km bike ride (3 times around Narrabeen Lake) is challenging since the most we have ever ridden is 2 times around Narrabeen Lake. So far we have raised just over \$8,800.

<https://evenico-ctf-cp-2019.azurewebsites.net/my-fundraising/111/captain-carys> is the link to donate.

Written By Carys 6W

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### MUSICAL COMPETITION

The winner of the Kidsummer Night's Dream musical program cover competition is... **INDIA from 2W**. Well done India. You can check out the winning entry on our Facebook page. A special thank you to all those who entered their beautiful artworks for the competition. Miss Roache and the musical team had the really tough job of deciding on the winner, but we are sure you will be happy with our choice.



# The chicks are hatching

Kindergarten are so excited to see the chicks are hatching. Here are some of their written responses.

*The chicks are in the eggs. The egg is cracking.* Isaac

*The wings help them fly. The baby chicks are cute.* Luca

*I love the baby chicks.* Marcus

*The chicks look like the sun.* Deyron



## PAPER PLANE CONTEST

### Calling all paper plane experts!

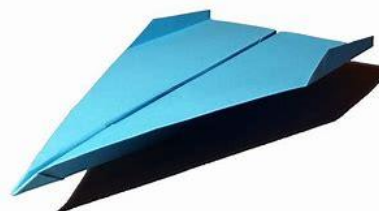
We will be running a paper plane throwing contest again for 2019.

**When:** Lunch time, Monday 19th August (weather permitting).

**Where:** Back playground

#### **Rules:**

- Make your paper plane independently just before flying
- Your plane may be judged on distance and/or speed
- If your paper plane qualifies, you will be asked to attend the state championships at The University of Sydney August 31st, 2019.



Start practising!

See the link for more details: <http://www.paperplanes.youngscientist.com.au/>

Miss Roache & Mrs Gillett :)

## LIBRARY NEWS

This year's book week theme is '**Reading is My Super Power**'. For adults and children alike, reading can be a powerful secret in improving the quality of your life. Each week this term I will publish one of ten reasons a group of librarians thought reading is a secret power. Feel free to visit the library or send me an email with your own reasons.

### **3. Reading improves your ability to wield words!**

Reading increases vocabulary and understanding of the way words work in both written and spoken form.

2019 Ipswich District Teacher-Librarian Network.

## Book Week Parade

Each year at St John's the students participate in a Book Week Parade during Book Week. It is always a fun day where the students can dress up as a book character of their choice. This website has a few costume ideas for anyone looking for inspiration.

<https://www.brightstarkids.com.au/blog/creating/20-book-week-and-halloween-costume-ideas/>

## Book Fair

Thank you so much to all the Grandparents and special friends who supported our Carnival Book Fair last week. I hope all those books purchased have brought much joy to the readers. I would like to especially thank the following families who also purchased and donated a book to the school library:

The Martin Family  
The Stachersky Family  
The Olsen Family  
The Stubbs Family  
The Hanney Family  
The Hayes Family

If you missed out on this Book Fair we will be having another in Book Week beginning August 20 2019.

ICAS Assessments are available for our St John's students to participate in again this year. In 2019, the ICAS test papers will be delivered online over a 3 week period on Monday and Thursday mornings in September.

#### 2019 ASSESSMENT DATES

					
DIGITAL TECHNOLOGIES 2 SEPTEMBER	SCIENCE 5 SEPTEMBER	SPELLING 12 SEPTEMBER	WRITING 9 SEPTEMBER	ENGLISH 16 SEPTEMBER	MATHEMATICS 19 SEPTEMBER

#### Online tests

Use the free online [ICAS Practice Interaction Test](https://pay.unswglobal.com.au) to become familiar with how to:

- navigate through a test
- answer questions
- scroll and expand parts of the screen
- use the online ruler and calculator.

The last question requires audio. *Please note: Audio is only required for ICAS Spelling Bee.* Students can practice the test more than once if needed.

School: ST JOHN THE APOSTLE CATHOLIC PRIMARY SCHOOL

Link: <https://pay.unswglobal.com.au> (online ordering for tests close on Monday 26<sup>th</sup> August)

Access Code: **4e212580de**

#### SITTING DATES AT ST JOHN'S

Please note all assessments will be held in the school library with a 7.45am start time. We ask for children to be prompt.

iPads will be provided. Children should bring headphones and a pencil (just in case/ for working out).

Year 3 and 4 students will need to bring pencil, rubber and sharpener for the Writing assessment.

ICAS Digital Technologies	MONDAY 2 <sup>nd</sup> September (Wk 7, Term 3) – 7.45am - Library
ICAS Science and Technology	THURSDAY 5 <sup>th</sup> September (Wk 7, Term 3) – 7.45am – Library
ICAS Writing	MONDAY 9 <sup>th</sup> September (Wk 8, Term 3) – 7.45am – Library
ICAS Spelling Bee	THURSDAY 12 <sup>th</sup> September (Wk 8, Term 3) – 7.45am – Library
ICAS English	MONDAY 16 <sup>th</sup> September (Wk 9, Term 3) – 7.45am – Library
ICAS Maths	THURSDAY 19 <sup>th</sup> September (Wk 9, Term 3) – 7.45am - Library

#### LIDS4KIDS



Some of our families spent time these holidays collecting plastic lids for the Lids4kids initiative. This recycles the plastic lids to create amazing prosthetics for kids using a 3D printer.

The company is *Envision Hands*

(<https://envision.org.au/envision-hands/>) and we would love to continue supporting this initiative. Bring in your plastic lids (from milk and water bottles) at the same time you are bringing in your

plastic bottles for Return and Earn – save the environment AND supporting worthy causes!



## *The P&F Gazette*

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

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### **Save the Date - 20<sup>th</sup> August 6:15pm Reading Session & P&F Meeting – 7pm**

This term's P&F meeting will be held on Tuesday 20<sup>th</sup> August at 7pm in the school library and will include an information session from Mrs. Sheehan on Reading commencing at 6:15pm.

Everyone in our community is welcome, it is our opportunity to see what great things are happening at the school and ask any questions, *plus there are yummy refreshments provided!*

If you have any items that you would like to place on the agenda, please feel free to chat to any of the current the P&F committee personally, or you can send us an email at [stjohnspandfassociation@gmail.com](mailto:stjohnspandfassociation@gmail.com)

### **Canteen Volunteers Wanted!**

Enjoy a free yummy lunch and help out at the school! We're looking for volunteers to help out in the School Canteen on Mondays, Wednesdays, Thursdays and Fridays from 12:45 to 1:45. If you can help Shirley out please text her on 0435 613 654 to lock in a date that suits you.

### **Father's Day Breakfast – 30<sup>th</sup> August at 7:30am**

We're celebrating our Dads this year with a special breakfast at the school on Friday 30<sup>th</sup> August at 7:30am. There will be lots of fun and goodies for everyone with activities such as a raffle, a photobooth and a paper plane competition plus a hearty breakfast of donuts or bacon & egg rolls and tea and coffee. Food and raffle tickets will be available for purchase on Qkr! soon.

### **Free Playgroup**

The next playgroup for this term will be held at 9:30AM on **Thursday 15<sup>th</sup> August** in room 1. 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 9297), email [sjan@db.catholic.edu.au](mailto:sjan@db.catholic.edu.au) or check out our Facebook page St Johns Narraweena Playgroup.

Warm regards,

**Saartje, Matt, Russell, Jo, Gen & Caroline**

## Live Life Well @ School

### MEAL TIME CONVERSATION

Meal time conversations can be a time to develop healthy eating behaviours and encourage food exploration.

Child centred nutrition phrases and repeated exposure to foods can develop kids willingness to try healthy foods.



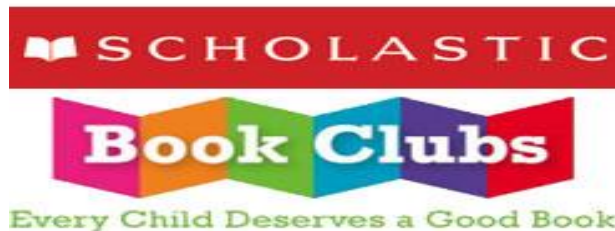
#### Try some of these:

- Eating your greens will make you run faster
- Whole grains help you jump high
- Broccoli trees make you strong

More healthy eating tips at  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District



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 5 are due no later than**

**Monday 12<sup>th</sup> August**





# A Kidsummer Night's Dream

Presented by  
the students of  
St John's  
Narrauweena

Thursday 5th September 2019





# Gonuts for Dad




Father's Day breakfast



Friday 30th of August from 7.30AM






Let's celebrate our Dads with a special morning full of laughter, fun and goodies. There will be a photobooth, a paper plane competition, a donut stand, bacon and egg rolls and other activities.



Tea and coffee will be served on the day but you will also be able to purchase your favourite brews from an onsite coffee van.

Food and raffle tickets will be available for purchase on Qkr.  
Stay tuned!





# 1-2-3 Magic and Emotion Coaching



**FREE Course for Parents!**

**An easy 3 step program for Calm, Effective and Happy Parenting**

*It's 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.

1-2-3 Magic allows you to take charge of your home and enjoy your kids by setting limits and breaking down the complex task of parenting into three simple steps. You'll learn tools to use in virtually every parenting situation. The course helps parents to improve the relationship with their children by having children practice managing their emotions, resulting in improved behaviour. Children will ultimately become more resilient and make better choices.

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

**When:** Consecutive Mondays – 2, 9 & 16 September

**Time:** 9am – 11.15am or 6.30pm – 8.30pm

**Cost:** \$12 for a workbook covering the 3 sessions

**Queries:** School office 9971 9297



## BOOK TODAY!

**This is a free event, but bookings are essential as places are limited.**

Visit [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and use the code **ducrg**



The workshop will be led by **Jeanie McDonnell**, **Family Liaison Officer** for St John the Apostle. Jeanie is also a member of the Diocesan Parent Education Team, delivering parenting workshops such as *The Resilient Child*, *Social and Emotional Learning* and *1-2-3 Magic and Emotion Coaching* across Northern Beaches schools.





# **COLLARROY SURF LIFESAVING NIPPERS**



## **REGISTRATION DAY 2019/2020 Season**

Saturday 31st August 1pm - 4pm

Sunday 15th September 9am - 12pm

@ Collaroy Surf Lifesaving Club

**Do you want your children to be confident in the surf?  
Learn surf skills and rescue, board paddling and  
first aid all while having fun at the beach!  
Join us @ Collaroy Surf Life Saving Club.**

**Orientation Day** – Sunday 22nd September, 9am -10.30am



Find us on  
**Facebook**

Collaroy SLSC Nippers or go to [www.collarroysurfclub.com.au/nippers](http://www.collarroysurfclub.com.au/nippers)





# 2019 STANSW YOUNG SCIENTIST PAPER PLANE STATE CHAMPIONSHIP

AUGUST 31 – SYDNEY UNIVERSITY



THE UNIVERSITY OF  
**SYDNEY**



## 2019 PAPER PLANE STATE CHAMPIONSHIP

### Entry Details

Open to any K-12 Australian student who loves to fold and throw their own hand-crafted paper plane.

### Age Levels and Qualifying Details

Year Level	Distance	Airtime
K-2	12m	5s
3	15m	5s
4	15m	5s
5	18m	6s
6	18m	6s
7-12	20m	6s

**BIGGER and BETTER** than ever with medals and \$100 money prizes for Distance winners



**State Championships** held at the **Sydney University** Sports and Aquatic Centre, Bryden's Showcourts:  
a University of Sydney Open Day Event

## 2019 REGIONAL HIGH FLYERS

Students from NSW, other Australian States & Territories and other countries who can't make it to Sydney, we have a separate competition just for you.

### Regional High Flyers Details

You have until midnight Friday 30<sup>th</sup> August to upload a video of your qualifying distance and/or airtime throw.

Once the judging panel have approved that the throw was not wind assisted, they will award gold, silver and bronze medals for the top three distance and airtime throws in each age group – a total of 36 medals for the Regional High Flyers Challenge.



Organised by the STANSW Young Scientist Committee, who also run the STANSW Young Scientist Awards - NSW's premier curriculum-based STEM competition

web: [www.youngscientist.com.au](http://www.youngscientist.com.au)

For more details: [www.paperplanes.youngscientist.com.au](http://www.paperplanes.youngscientist.com.au)



### Major Sponsor

Helping Hands Network - part of the Junior Adventures Group  
Out of School Hours Care  
[www.helpinghandsnetwork.com.au](http://www.helpinghandsnetwork.com.au)



### Can you beat this!

The current Australian Distance Record by a school student is 35.20m, set by Mitchell Irvine from Menai High School in 2017



# Beacon Hill Cricket

(incorporating Allambie)



## Register NOW Online

# beaconhillcricket.com



You are invited to play cricket with Beacon Hill Cricket Club.

There are shorter games with less players per team, meaning faster games but more cricket (batting, bowling and fielding) for all players.

Ages 4 and up. Friday and Saturday. Girls and boys, plus Senior (Men's) Cricket.

To find out more about your local club go to <http://beaconhillcricket.com/> or email Peter Horton on [peter.horton.au@gmail.com](mailto:peter.horton.au@gmail.com) or phone 0407 012 538.



Did you know that you can use an Active Kids Voucher to help fund your cricket registration costs, up to \$100? Did you also know that if you have already used a voucher in 2019, you can apply for a second voucher? Go to <http://beaconhillcricket.com/> to find out more.



# SIXERS GIRLS CRICKET LEAGUE



JOIN THE FUN!



You are invited to play all-girls cricket with Beacon Hill Cricket Club.



Ages 8-11 is from 10:30am to 12:45pm on Saturdays, while ages 12-16 is from 1pm to 3:30pm. No playing experience is necessary.

There are also other options for girls aged 4-9, including Friday afternoon Junior Blasters and Saturday morning Master Blasters (U/9).

To find out more about your local club go to <http://beaconhillcricket.com/> or email Peter Horton on [peter.horton.au@gmail.com](mailto:peter.horton.au@gmail.com) or phone 0407 012 538.

You can use an Active Kids Voucher to help fund your cricket registration costs, up to \$100. If you have already used a voucher in 2019, you can apply for a second voucher. Go to <http://beaconhillcricket.com/> to find out more.