

# ST JOHN'S NEWS

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Issue No 29- 12<sup>th</sup> Sept 2019

#### **PRINCIPAL NEWS**

Dear Parents,

Mr Bateman has jetted off to Europe this week to celebrate with his family, and we wish him a wonderful and well-deserved break.

Back at the ranch, the children have enjoyed a range of activities for Wellbeing Week this week. We began the week with a special guest, Dianne McCabe, who runs coaching sessions with children and adults alike under the banner 'A Happy Path'. She worked with the students from Year 2-6. The conversation for Year 2-4 focused on three tips to stay mentally healthy:

- 1. Be curious about your feelings (feelings are fascinating!)
- 2. Talk about your feelings Rose Thorn & Banana exercise (see parent information sheet attached to this week's newsletter)
- 3. Care for others look out for your mates and think about their mental health

In the senior classes, the focus was on choosing 'positive inputs' and having 'courageous conversations'. Positive inputs include tuning into what we watch, what we eat, what we listen to and who we spend time with and observing the impact it has on our mental health. Courageous Conversations are those we have with friends and trusted adults where we are able to talk about our thoughts and feelings.

We encourage our families to keep these conversations going at home, thank you Dianne!

The children have enjoyed musical breaks this week instead of the bell at recess and lunch, and a live music experience thanks to the St John's Mixed Ensemble at Wednesday morning's assembly!

As part of Wellbeing Week, I have a couple of interesting links to share with you, parents. The first is about the importance of self-sufficiency. My mum raised my siblings and I from a young age to be independent, and I'm very grateful for the lesson! Michael Grose, in a recent blog on his Parenting Ideas website, talks about asking parents the question ""What are you regularly doing for your children now that they can do themselves?" and talks about self-

sufficiency, of the 'I can do it myself' kind, as the basis of self-esteem and resilience. Click  $\underline{\text{here}}$  to read the full article including 3 easy tips!

Secondly, Jeanie McDonnell, our Family Liaison Officer, passed this quote on to me this week, highlighting the importance of play to help us learn. I love that the <u>idea</u> holds true for adults as well as kids! We encourage learning through play at home through our Maths and Me at Home kits (game information on our Weebly – <u>here</u>, password sjan) and at school. We encourage our kids to develop as scientists, as mathematicians, as historians, and more, through investigations and discoveries.

Our fortnightly <u>Playgroup</u> is a great way for our toddlers and pre-schoolers (and their parents) to engage in play and connect with each other. The final playgroup for Term 3 will be on Thursday 26<sup>th</sup> September (Wk 10). Our Kinder 2020 families

have also enjoyed playtime at last week's transition sessions. The second sessions will be held next Thursday and Friday!

Scientists have recently determined that it takes approximately 400 repetitions to create a new synapse in the brain—unless it is done with play, in which case, it takes between 10 and 20 repetitions!

Don't forget Mass this Saturday night! It will be hosted by our K-3 students, and we are looking forward to our Year 3 students, who have recently received the Sacrament of First Eucharist, to lead us in the Mass. All are welcome and we will have some spare sausages on the sausage sizzle!

Enjoy the week ahead,

Natalie Jugram - Acting Principal

#### **DIARY**

Week 9 Term 3	Week 9 Term 3	Week 9 Term 3	Week 9 Term 3	Week 9 Term 3	Week 9 Term 3
Mon 16 Sept	Tues 17 Sept	Wed 18 Sept	Thurs 19 Sept	Fri 20 Sept	Sat/Sun 21/22
ICAS English 7.45am - Library 123 Magic & Emotional Coaching 6.30pm			ICAS Maths 7.45am - Library Transition Session 2 Kindy 2020	Transition Session 2 Kindy 2020 Cricket Gala Day Years 3-6	
Week 10 Term 3	Week 10 Term 3	Week 10 Term 3	Week 10 Term 3	Week 10 Term 3	Week 10 Term 3
Mon 23 Sept	Tues 24 Sept	Wed 25 Sept	Thurs 26 Sept	Fri 27 Sept	Sat/Sun 28/29
	Cricket, Eagle Tag & Netball Gala Day Yr 3 & 4		Cricket, Eagle Tag & Netball Gala Day Yr 5 & 6 Playgroup Room 9.30am	Last Day of Term	

Mon 14<sup>th</sup> Oct Term 4 Commences Fri 18<sup>th</sup> Oct NSWCPS Polding Athletics Carnival

#### **AWARDS**



#### Awards are presented on Friday:

# NB: K-6 Awards will be presented on the Softfall at 8:40 (or in classrooms in case of wet weather)

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

Strength & Gentleness Hannah J (3/4W)

КВ	Luca G Mark H Alfons M	3B	Jimmy J Tyler J Ellison T	5W	Charlotte C Cheriese E	Sports  Asha F (4W)
1B	Willow B Hannah F Lawson L	3/4W	Angus B Jasmine C Luella V	6B	Liam C Olivia S Charlotte Y	
1W	Jack H Haley W Nathan W	4B	Elysia L Natalia M Indianna V	6W	Elisa C Holly D	<b>Drama</b> Brandon D (2B) Livia D (2W)
2B	Ilana A Joshua R	4W	Charli B Koby B Asha F	5/6	Toby P	<b>Library</b> Tasman V (1B)
2W	Livia D Fletcher Mc Owen N	5B	Khyla M Erin W			Alessia G (2W)

#### PARISH SCHOOL MASS - SATURDAY 14 SEPTEMBER

Kinder, Year 1, Year 2 & Year 3 will help us host Mass this Saturday at 5pm. It will be our first Parish School Mass after the Year 3 children have received their First Communion and we hope they will take a leadership role in this Mass. We are having a sausage sizzle after Mass – come along and join in.

#### WELLBEING

In Wellbeing week, we are reminded to take care of ourselves, physically, spiritually and mentally. This week we had a visitor from an organisation called the Happy Path, Dianne who reminded us that it is important to check in with our mental health. Children were given simple reminders to:

Ask friends are you Ok

**Be Good Listeners** 

**Encourage Action** 

Check in



Today as we celebrate R U OK Day, let's all hope that we can try and connect with people just like Jesus. We are called to help people struggling with life. Lending support and looking out for one another are key values that are important to all age groups.

#### **BAKE SALE UPDATE**

You might remember a couple of weeks ago, that Matthew F (4W) had made delicious goodies to sell after Mass. Matthew managed to make \$70 to send to St Vincent de Paul. Thanks for making a difference in the world, Matthew!

#### **TEACHING & LEARNING NEWS**

#### **COMPASS**

Personalised login details will be emailed home tomorrow afternoon for parents to get set up using the new Compass app and website. From Monday 16<sup>th</sup> September, you will be able to use the app/website to inform the school about any absences for your child (replacing Flexibuzz).

A reminder that if your child arrives to school late (or is being picked up early), you **must sign them in/out** using the Compass Kiosk in the school office. When you sign your child in, our office staff (Mrs West or Mrs Poole) give the child a blue card which identifies they have been signed in. The child gives this to their class teacher so the teacher knows the child has been signed in to school by a parent/guardian.

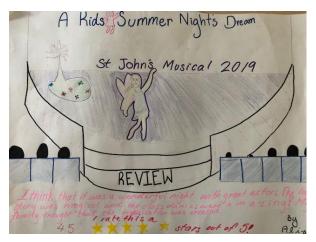


Over the coming weeks and months we will be using more of the options in Compass. A Parent Guide to Compass is attached to this week's newsletter.

Congratulations to all the students of St John's for their brilliant performance at our school musical; A KidSummer Night's Dream.

All actors, dancers, choir, band and stage crew contributed to it being such a wonderful night. I was so proud of everyone. The smiles and energy on stage radiated throughout a captivated audience. I am filled with gratitude for the kind words people have shared with me and the staff, since the show. We are all so happy everyone enjoyed the magic.

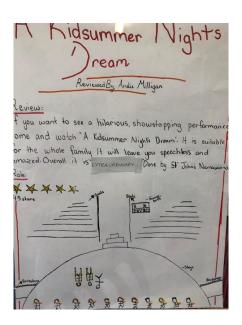
Thank you to our talented music teacher Mr Frazer for his vision. Thank you to the Musical Committee, staff and parent community for encouraging the students. We saw wonderful talent in all of them. They put in a lot of hard work and effort to be prepared, feel confident and deliver an entertaining song, dance or dialogue.



I cannot thank the help of our parent community enough. Behind the scenes there was a terrific team supporting us with choreography, building props, costume designing and creating. Each dance looked spectacular, thanks to the contributions of working bees creating costumes that I know went well into nights at home. Thank you everyone and congratulations to all. I can't wait to see the video! If you would also like the video please go to Qkr to purchase the link by Fri 20<sup>th</sup> Sep.

#### Brigitte O'Connell





#### STAGE 2 AND 3 CRICKET SKILLS DAY - WEEK 9

Our Year 3-6 students heading down to a fun cricket day at Beverley Job Park, hosted by the Sydney Sixes on Friday 20<sup>th</sup> September . The kids will be involved in skills development as well as playing some games. All Year 3-6 students will need to wear their sports uniform and bring their morning tea and lunch, a water bottle and sunscreen.

#### STAGE 2 AND 3 GALA DAYS - NETBALL, AFL, CRICKET - WEEK 10

This term our Year 3-6 children have the opportunity to participate in Netball, AFL or Cricket in the Northern Beaches Gala Days in Week 10. The permission form was sent via Flexibuzz on Tuesday and can also be accessed here - https://forms.gle/qoRUJq4KdNZSMSk86

As always, we really can't do these days without parent helpers... If you are able to volunteer as a manager (no sporting skills required!) please indicate so on the form or talk to your class teacher.

Hello Spring! As the weather is quite changeable at the moment, children can come to school in FULL winter or FULL summer uniform over the next few weeks. Information on uniforms is on our school website - https://www.sjandbb.catholic.edu.au/enrolment-contacts/uniform/

Children will return to school in Term 4 in summer uniform.

#### YEAR 1 AND 2 EXCURSION - NARRABEEN COASTAL ENVIRONMENT CENTRE

Year 1 and 2 had a wonderful excursion to Long Reef with the Narrabeen Environmental Centre. We learnt about the different creatures in the rock pools, the various ways we use water, how to make a water filter and looked at a model of our catchment area. Did you know that we have fresh water, salt water and brackish water on the Northern Beaches? We couldn't have asked for better weather and enjoyed learning lots of new information.



Look! I think I see something in the ocean!!

Yesterday we went to the Fisherman's Beach Coastal Environment Centre. My favourite part of the day was when we looked through the binoculars. We looked at the coastal area around the ocean, I loved it when I saw the waves crashing down! I saw a huge wave and it nearly hit us! I smelt the ocean floor. I learnt about coastal area and how lots of animals live there. I wonder if we can stop polluting the ocean.

By Fletcher 2W

As the wind went through my hair I picked up a tiny sea star. It was cold. And the sea snail hid in their shells and slowly closed their trap doors. I felt very excited to start my adventure. We were at Fisherman's Beach Coastal environment centre, Fran, the lady who taught us how to take care beaches, animals and the sea. When we finished our amazing learning we had a nice delicious break. Then I thought to myself "why do people ruin these beautiful beaches God made this just for us!"



By Chloe C 2B

## Fruit & Veg Month 2019

Our school has registered for Fruit & Veg Month 2019.

The theme for this year is 'The Adventures of Captain Fruit N Veg!' It's all about linking eating fruit and vegetables with good times, superheroes, superpowers and adventures! Fruit & Veg Month 2019 runs for the last 4 weeks of Term 3, Monday  $2^{\rm nd}$  to Friday  $27^{\rm th}$  September.

As part of Fruit & Veg Month, students will be involved in various classroom and school based activities which encourage them to eat more fruit and vegetables. Happy healthy eating St John's!

Mrs Gillett:)



#### STAGE 3 EXCURSION - STONY RANGE BOTANIC GARDENS

During this week, Years 5 and 6 embarked on an excursion to the impressive Stony Range Regional Botanic Garden at Dee Why. All of Stage 3 had a stunning time filled with learning, adventure and excitement. We had an Aboriginal speaker called Karen, from the Aboriginal Heritage Centre come talk to us about the Aboriginal traditions, culture and how they used their resources such as flora and fauna around them to create a lifestyle in Australia's nature. We also had the opportunity to explore this majestic greenery by competing in a scavenger hunt where we found different plants and animals in the park. Overall, Stage 3 had a fascinating time learning many new and intriguing facts.



#### By Luca A and Camila G, 6B

"I thought it was a wonderful experience to learn about new plants and Aboriginal culture," Olivia S, 6B

"We learnt lots of facts about Indigenous culture and we saw lots of the Australian Native Wildlife whilst learning new things about them," Sarah D, 6B

"When we went to Stony Range, we learnt about all the uses of aboriginal tools. Karen, our guide, explained about all that. She also told us about the native plants in the garden and their uses. We also did a botanic bingo worksheet, which allowed us to explore the beautiful park. Some of the items on the list were really hard and some were really easy. There was also a sensory walk where you could eat, smell and taste some plants. Overall, we think Stony Range is an amazing place to learn about the native flora and fauna of our country." Rose M and Ellie G 5B



"When year 5 went to stony range we met Karen our guide. She taught us a lot about the Aboriginal tools and how they were used and where they came from. After that she showed us a tour of the garden and told us lots of different facts about the plants. Next we all went for a scavenger hunt and looked through the gardens to find interesting plants. We also saw the Indigenous names and what they used the plants for." **Chloe C 5B** 













# School Disco - Fri 18th October 2019





#### What a Night! A Kidsummer Night's Dream

The reviews are in and the School's Musical, A Kidsummer Night's Dream, was a **HUGE** success! The school put on a fabulous night that was enjoyed by all who were there. Huge praise and thanks go out to all the children, teachers, and parents for putting on such a wonderful evening – **Congratulations**!

#### Save the Date - School Disco - Friday 18th October

This year's School disco will be held on Friday 18th October at St Kevin's Hall in Dee Why.

Kindy to Year 2 – 5:00pm to 6:30pm Year 3 to Year 6 – 7:00pm to 8:30pm

Tickets are \$7.50 which includes pizza and a drink! Merchandise will be available to pre-purchase through Qkr!

#### **Term 3 P&F Meeting – Minutes & Committee Reports**

Just to let everyone know that the Minutes and Committee Reports from Term 3's P&F meeting can be found on the School's website at https://www.sjandbb.catholic.edu.au/school-community/parents-friends-association/

Do you have questions or comments for the P&F? The P&F would love you to get in touch. You may have something you would like to raise at our next meeting, a suggestion for how to help the school or a question you need an answer to – email us at <a href="mailto:stjohnspandfassociation@gmail.com">stjohnspandfassociation@gmail.com</a> or talk to one of us if you see us in the playground or around the school.

#### A Big Thank You - Father's Day Breakfast

This a belated callout to all the Year 2 parents who helped out at the recent Father's Day Breakfast. The morning was a great success, so a **Big Thank you** to everyone who helped and attended!

#### **Callout for Canteen Volunteers**

Shirley runs an excellent canteen for the children but could always do with some extra help. If you can volunteer any time to help out in the canteen or even putting stickers on the lunch bags please text Shirley (0435 613 654) and she will be glad to hear from you!

#### **Free Playgroup**

The next playgroup for this term will be held at 9:30AM on **Thursday 26<sup>th</sup> September** 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 <u>sjan@db.catholic.edu.au</u> or check out our Facebook page St Johns Narraweena Playgroup.

Warm regards,

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

#### With thanks to our sponsors...









































# Cunninghams











## **X** Compass Parent Guide

Compass is a web-based student management system which you can access in two ways:

- the Parent Portal, on any web browser on your computer/device, or
- the Compass School Manager app, available on any mobile device.

Instructions for using both the portal and the app are included below.

Each parent/carer will receive a unique login username and temporary password via email. You will be prompted to change your password when you first log in. It will also ask you to verify your mobile number and email address. We encourage each parent to log in and see your children's school activities, attendance, achievements, school communication and news.

Please note that the login letter was sent to the email address registered in the school's database. If one email address is connected to both parents, then this parent will receive two login letters. If two emails were received to your email address, please ensure you check the name on the top of the letter and login individually using the respective login details to access Compass.

#### **Welcome to the Compass Parent Portal**

#### How do I access Compass through a web browser?

- Use the Compass School link in the Login letter or go to <a href="https://schools.compass.education/">https://schools.compass.education/</a> and use the Compass School Search for your school name. (Hint: type in the suburb for a quicker search).
- 2. Put a tick in the box to confirm I'm not a robot and click Search.
- 3. Click on the link to the school Parent Portal.
- Enter your Login and Password noted in the letter.
   It will then ask you to verify your Mobile Number and Email address.

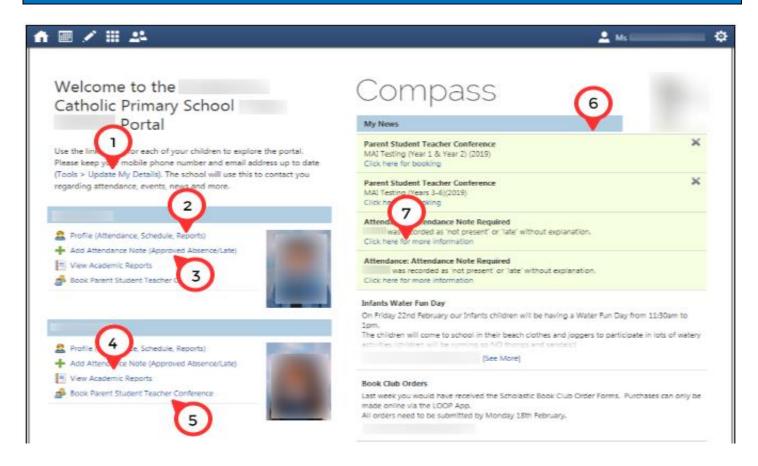
Please type your school nan	ne below/select from the li
Type school name	▼
I'm not a robot	reCAPTCHA

#### Note:

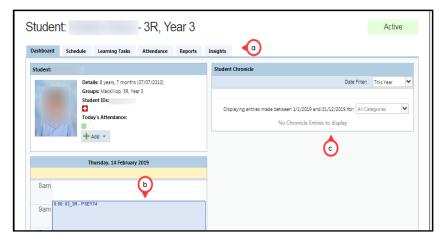
Not all the options and functionality explained in these instructions will be available when you first login. This will depend on options installed at your school, but these may be turned on over the coming weeks and the school will advise you when this happens.

Do not hesitate to contact the school office if you need any assistance with these instructions, login in or using the Compass Parent Portal or app.

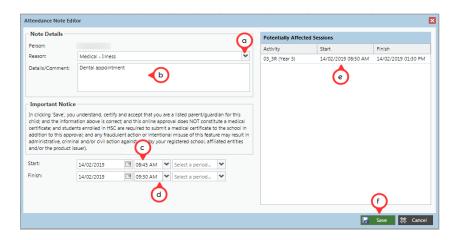
#### What can I do on the Compass school portal?



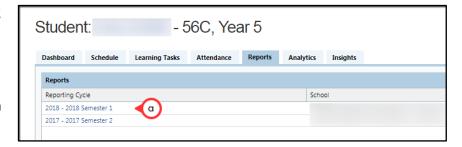
- Use the link to Tools > Update My
   Details to keep all your emergency contact and family details up to date.
- Click the **Profile** link to see your child's page
  - a) Choose different tabs for different information
  - b) See today's schedule of classes
  - Chronicles indicate various
     Wellbeing notes such as awards,
     merit points or serious sick bay
     visits



- 3. Click **Add Attendance Note** to record *future full day* absence (eg sick day, holiday, family event). Late arrivals for half days are entered at the kiosk in the school office at the time of arrival. (*More than 10 days absence will still require the appropriate paperwork*)
  - a) Choose the Reason from the dropdown list
  - b) Add details if necessary
  - c) Leave Start at Default time
  - d) Leave Finish at Default time
  - e) The system will show you on the right side which sessions will be affected this cannot be changed
  - f) Click Save



- Click the View Academic Reports link to be able to see past/current reports.
  - a) Choose which report you want to see from those listed and click the link. The report will open in a new tab on your browser. You can then save to your computer or print out from here.

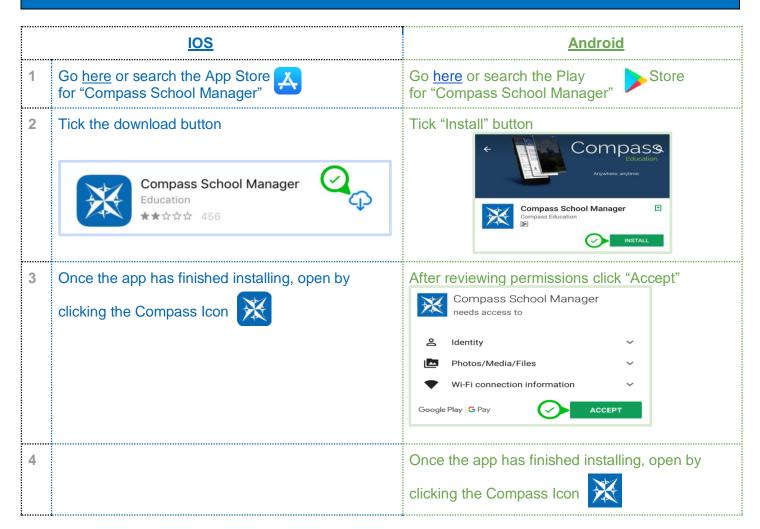


- 5. Use the **Book Parent Student Teacher Conference** link to book a time for Parent Teacher Interviews if your school has this functionality.
- 6. Check out the school News Feed Items.
- **7.** Click on the **links** to open up more information. This includes prompts to add attendance notes for unexplained absences.

#### **Welcome to the Compass Parent App**

At this stage the app has limited functionality so you may need to access Compass through the 'Browser view' to complete some tasks. See above instructions for Compass Parent Portal.

#### How do I get the Compass App on my phone or tablet?



#### **IMPORTANT SECURITY/PRIVACY NOTICE:**

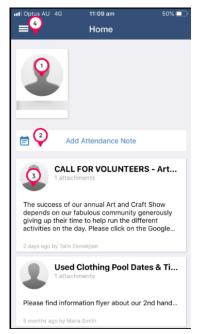
Please secure the Compass App on your device by setting a PIN and/or Fingerprint up when logging in for the first time.

- a) Click the **Menu (3 bars to left)** and go down to **Settings**.
- b) Find **App Security** and click on **App Lock**.
- c) Create your PIN and/or select Fingerprint/Biometric (supported devices only). Follow prompts.

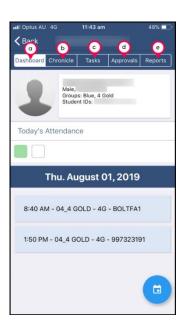


If you forget your PIN, next time you go to log in, don't worry there is an option to click on Forgot PIN from front screen and follow the prompts to reset it.

#### What can I do on the Compass app?



- **1. Profile:** Click on your child's photo and it will take you to their profile (see below for further information).
- 2. Add an Attendance Note: Use only if you are sure of the absent date (see below for further instructions).
- 3. **Newsfeed:** The school newsfeed items will appear here.
- **4. Menu bar:** Click here to access browser view, app settings, notifications, help options and book conferences.



#### 1. Student Profile page

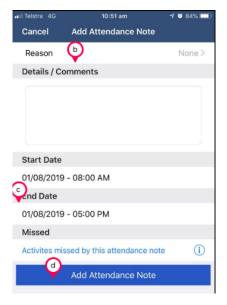
- a) Dashboard includes student details, their sessions and attendance for the current day and a calendar to look at sessions for other days.
- b) Chronicle view various wellbeing notes including awards and merits when set up by the school.
- c) Tasks not in use in primary schools.
- Approvals notes that have been entered for your child's attendance
- e) Reports link to school reports

#### Adding an Attendance Note:

If your child is going to be away for a **FULL** day in the future, please follow these instructions. For partial day absences/late arrivals, please use the kiosk at the front office.

If you are adding an attendance note for a day passed, please access Compass through the 'browser view' and click on the link above the newsfeed. This will automatically fill in the required date information, you will simply need to add a reason.

- a) On the home page, click 'Add Attendance Note'
- **b)** In the next screen, click on 'Reason'and choose the option that best describes.
- c) Look at Start Date and End Date to ensure it is correct. DO NOT worry about the times, leave as they are. You also do not need to worry about 'Missed' – this is simply the sessions missed by the stated absences.
- d) Click on blue bar 'Add Attendance Note'.





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# Spring Holiday Camps

30<sup>th</sup> September – 11<sup>th</sup> October 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 educational!

- 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 a 'Rainbow flick!
- 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







# Whatson



See what's on during school terms at The Football Factory

## Classes for all ages - 18 months to Adults

#### **Preschool Classes**

#### 2-6 years Monday to Saturday

Teach your child to learn football in an environment focused on helping your child's development. All sessions are based on technique and skill development. You will be amazed to see how skilful they become.



#### Skills and Small-Sided Games

#### 5-9 years Saturdays

Each week your child will focus on different skills and football fundamentals. All finish with 3 small-sided games.



#### 5-12 years Monday to Saturday

Improve the foundation of your child's touch, both first and last. Build their confidence, creativity and personal flair. Each week we focus on the fundamentals, tricks and skills.



#### **Development Squad**

#### 6-15 years Monday to Friday

The Development Squad has been carefully designed from the ground up to ensure maximum player performance. Focusing on all areas of play the development squad leaves no stone unturned. The training environment has been crafted to advance and build confidence and to enable a player to be the best they can be. A trial is required to enrol in the Development Squad.



#### The Football Factory's Academy

#### U8s-U14s Sunday Matches & Weekday Training

As of May 2019, The Football Factory competes in the Premier Academy League (PAL). Academy teams will be fielded in all future PAL Winter, Spring/Summer and Pre-Season



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