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(i) www.sjandbb.catholic.edu.au Issue No 21 – 10th Sept 2020

PRINCIPAL NEWS

Dear Parents and Carers,

Week 8 is Wellbeing Week at St John's. Each term we make this a time for focusing on the importance of looking after ourselves and each other. This is especially important as we live through the challenges facing our world and our community at the moment. I turned to scripture to see if there were any treasure there that can help 'tweak' our thinking and came across Psalm 119:143.



The passage reminded me that we can find peace in our faith and in our traditions, especially through prayer, contemplation and meditation and through gratitude for the many gifts we have in our lives.

The idea that Jesus is always there, revealed in scripture, is a wellbeing gem. This was very much illustrated yesterday when our staff enjoyed a second after-school, three-hour session with Dr Dan White, previous Director of Schools in the Sydney Diocese, who shared deep insights into the culture of first century Palestine and the life and times of Jesus. The insights helped us to understand scripture more deeply and to marvel at the power of the messages contained in familiar scripture passages. Many of the understandings revealed were totally new to us as we looked at things from a cultural perspective. As a result we can bring a refreshing perspective to our work with your children.



Dr Dan left us with this special gift, which is a moulding of the Hebrew word for Jesus, 'Yeshua'. The word was found on 1st century clay jars in Israel discovered by archaeologists; clear signs of the existence of Jesus. The clay symbol stands as a reminder of the constant presence of Jesus in our lives and will be displayed in a special place in our school – location to be decided.

A simple and effective way of engaging in sacred reflection is to use '**The Examen'** which can be found at <u>this link</u>. **The Examen** is similar to a guided meditation.

The children are engaged in wellbeing practices in their classrooms this

week. Meditation, art work, musical reflection, special messages to those in need, yoga and free choice activities. A reminder this Friday that the children can come to school in their casual clothes for our mufti day. No money is involved but the children are to wear socks and enclosed shoes as a safety measure, and of course, a hat.

Thank you very much for your support of our Father's Day activities last Friday. The children, staff and I very much appreciate the community coming on board with the events we do organise. I hope all of our dads and special male role models had a wonderful Sunday. If you haven't already seen our Facebook Dad joke video emailed as a treat to all families Sunday morning it remains on the home page of our Weebly for all to enjoy.

Best wishes for the weekend,

Mark Bateman - Principal

DIARY

Week 9 Term 3 Mon 14 Sept	Week 9 Term 3 Tues 15 Sept	Week 9 Term 3 Wed 16 Sept	Week 9 Term 3 Thurs 17 Sept	Week 9 Term 3 Fri 18 Sept	Week 9 Term 3 Sat/Sun19/20
Public Speaking					
Finals winners					
announced					
Kindergarten					
Prayer Assembly					
Week 10 Term 3 Mon 21 Sept	Week 10 Term 3 Tues 22 Sept	Week 10 Term 3 Wed 23 Sept	Week 10 Term 3 Thurs 24 Sept	Week 10 Term 3 Fri 25 Sept	Week 10 Term 3 Sat/Sun26/27
Core Values				Last Day of	
Assembly				Term 3	

AWARDS



Awards are presented on Friday: K-6 awards presentation will be available to view on our <u>Facebook page</u> at 9am Friday morning.

КВ	Cora B Georgia F	3B	Fletcher Mc Ellie W	5W	Angus B Joy N	Library Imogen S (2W)
ĸw	Max E Samara I	3W	Brandon D Aidan P	6B	Cameron O Oscar H	Cherise E (6W)
1B	Zachary A Luca G Sam M	4B	Smith O Arianna K	6W	Max C Sienna G	Creative Arts Isabella S (5B) Jasmine C (5B)
2B	Tahlia M Jack H	4W	Evan C Matilda B	5/6F	Leela K	Natalia M (5B) Keeley F(5W) Joy (5W) Abbie (5W)
2W	Nathan W Leo O	5B	Bella C Chloe O			Sports Chloe G 3W Will B 5W

We only need a few more students to sign up for our school band to get it up and running



again. Rehearsals will be on a Wednesday at lunchtime and are lots of fun (just ask the musicians who were there for our get together this week playing a Marshmallow song!) Any enquiries can be directed to Mr Frazer or Evergreen Music - contact details below. Here is the link for the creative kids

voucher - https://www.service.nsw.gov.au/transaction/apply-creative-kids-voucher

SPIRITUAL NEWS

AND THE CORE VALUES AWARD GOES TO ...

This week we are all thinking about the children in our St John's community who show our Core Values in the way they are living their lives and getting ready for our awards in Week 10.

I received an email this week about someone who lives her life in a way that would make her the Award Winner for sure!

St Vincent de Paul had quite a few nominations for the Westfield Local Hero Awards but only one made it through - a member of the Chatswood branch.

Barbara Healy is 80 years old, and the former Chatswood President of St Vincent de Paul Society. She is as passionate today as she was in 1964 when she joined the charity.

Barbara goes out looking for people in need of help and feels sad and angry when she can't solve their problems. "I always treat people in the same way I would like to be treated. I try not to judge or discriminate," she says.



Westfield Local Heroes are nominated and voted for by their

communities, with the three top finalists per Westfield centre each awarded a \$10,000 grant for their affiliated organisation. If Barbara is successful, St Vincent De Paul Society will use its grant to provide people with vouchers for food, electricity, water and gas.

Voting is open until 14th September and is very easy... just your name and email address: <u>VOTE FOR BARBARA</u>

A REQUEST FOR ASSISTANCE FROM VINNIES

On 17 November the NSW Government will deliver the State Budget. With more than 100,000 people waiting for social housing and many more families struggling to make ends meet, it is the ideal time for NSW to invest in more social housing.



To convince the NSW Government to make this much-needed investment, St Vincent de Paul Society members and supporters have been collecting signatures on a hard copy petition that we hope to have tabled in NSW Parliament before the Budget.

So far, we have collected more than 7,100 signatures – a remarkable effort given the challenges posed by COVID-19. But for our petition to be eligible to be debated in Parliament it needs a minimum of 10,000 signatures (it cannot be electronic, it must be paper-based even with COVID).

This means we have just six weeks to collect another 2,860 signatures. Can you help? We are asking workplaces, or households who are already in contact, with 10 or more people to help out. You just print out the form and post the completed form to the address on the bottom.

To help, please click here to download the petition

ST JOHN'S FATHER JIM MCKEON PUBLIC SPEAKING FINALS

The St John's Public Speaking final will take place via Zoom tomorrow at 11.30am. Our children have all done a wonderful job in their class heats presenting their poems (K-4) and prepared speeches (5-6) and the top two speakers from each grade will now compete in our school final.

Information on joining the Zoom was sent home via Compass on Tuesday afternoon (titled 'St John's Public Speaking Finals – this Friday').

Grade	Finalists	Category
К	Stella H and Grace W	Poetry
1	Sebastian R and Connor W	Poetry
2	Alessandro CS and Barney J	Poetry
3	Joshua D and Arkie T	Poetry
4	Coddie D and Sophia H	Poetry
5	Annie C and Keeley F	Prepared speech
6	Chloe C and Ruby N	Prepared speech

The winners will be announced on Monday next week and certificates and prizes will be awarded at this time. This will be shared via Compass and our Facebook page.

We're going to the zoo, zoo, zoo!!!

Kindy and Year 1 have our 'online interactive' zoo incursion <u>tomorrow, Friday</u> <u>11th September.</u>

Kindy will also be participating in a variety of enjoyable activities all day long as St John's is transformed into a zoo!

Kindy and Year 1 may <u>dress as their favourite animal for the day</u>. This may be a onesy, a paper mask, a tail, or a headband with ears (please don't worry about buying anything).

It's a zoo out there!

Kindy and Year 1 Teachers 😊



'Save our Marine Animals from Plastic Pollution.'

Recently, we celebrated Science Week 2020, which introduced the importance of science and technology in preserving the health of ocean ecosystems, solving problems and designing new solutions and driving an evolution in marine-based industries.

Year 3 explored pollution in the Earth's oceans. Their task was to help others understand the effects of pollution and waste in our oceans and empower them to know what can be done to counter those effects.

They decided the best way to bring awareness to our students about the issue was to design a poster of various endangered marine animals effected by plastic pollution and hold a competition for all students at St John's.

From Kindergarten to Year 2, the three-best colouring in poster entries were chosen.

From Year 4 to Year 6 the best slogans and logos were chosen, encouraging a clean and safe environment for our ocean life.

This week, Year 3 students announced the winners of the competition -

'Save our Marine Animals from Plastic Pollution.'

See our 1st, 2nd & 3rd winners.

Year 3 are now planning to hold a variety of events to engage our students on how we can stop pollution and recycle our single-use plastics at St John's.

It's great that St John's is taking on this initiative where we can certainly make a difference towards a sustainable future for our wonderful oceans and marine animals.

Be a Star! No more Plastic! Do not litter, Life will be bitter. Protect the fish, that's our biggest wish. Plastic is crazy, don't be so lazy. Throw it in the bin, that's our biggest win. Written by Lucy E Year 3



Graduation bears and soccer balls is now up on Qkr! Closing date for ordering is Friday 2nd October

Singing lessons

One of our dads, Dean Bassett is an incredibly talented Opera singer. Dean is usually busy treading the boards of the Sydney Opera House.

He is offering his services for singing tuition. At present this will be via Zoom but looking forward to this eventually being face to face.

Dean is offering the first lesson completely free of charge with no obligation to continue (unless you want to!). You've got nothing to lose! Please see Dean's contact details below.

Dean Bassett - 0412979763

deanbassett@deanbassettsinger.com

www.deanbassettsinger.com

Facebook Group: Northern Beaches Voice Connection

Parent Library – Parenting Books needed

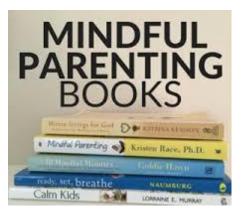
Do you have a parenting book at home that you have read and no longer need? Would you consider donating it to our parent library? If so, please send the book to school with your child with a note saying "Parent Library Donation". Titles that we would love to have in particular are:

- The Whole Brain Child Dan Siegel
- Parenting from the Inside-Out Dan Siegel
- The Thriving Child Johnson and William Stixrud
- 9 Ways to a Resilient Child (Book and workbook) Coulson
- 21 Days to a Happier Family (Book and workbook)– Coulson
- Rewire your Anxious Brain Pittman
- Mindsight Dan Siegel

But other books would also be appreciated – particularly if you recommend it.

Jeanie Mc Donnell

Family Liaison Officer













Name:_

Class:_____

Each year at St John's we have a writing competition which was started in 1999 in memory of Father Vogt who was the Parish Priest at St John's when the church was being built.

Entries for the competition will be accepted from now until Thursday 24th September. The competition winners will be announced during Book Week celebrations. The theme for Book Week this year is **"Curious Creatures, Wild Minds"**.

Please tick the categories in which you wish your entry to be judged. Entries should be edited and published either in clear handwriting or typed. Please give your work a title. Poems can be illustrated by hand or by using a computer.

CATEGORIES	PLEASE TICK	PLEASE
TICK		
Kinder -	Kinder -	
Best piece of writing- narrative	Best illustrated poem	
Yr 1 & Yr 2 -	Yr 1 & 2 -	
Best piece of writing- narrative	Best illustrated poem	
Yr 3 & 4 -	Yr 3 & 4 -	
Best piece of writing- narrative	Best illustrated poem	
Yr 5 & 6 -	Yr 5 & 6 -	
Best piece of writing- narrative	Best illustrated poem	

Kinder narrative	– 100 words or less	Yr 1 &
Yr 3 & 4 narrative	e – 600 words or less	Yr 5 &

Yr 1 & 2 narrative - 350 words or less Yr 5 & 6 narrative - 950 words or less

- Entries should be given to Ms Sheehan, OR emailed to: kylie.cardow@dbb.catholic.edu.au
- Entries must have the entry form attached OR if your entry has been emailed it should also have your name, class and categories you are entering
- Closing date Monday 24th September.

Entries must be **your** original work and should be on A4 paper. Please sign to acknowledge that it is your own work

Evergreen Music @ St. John's Narraweena "be a musician for life..."

MIXED ENSEMBLE



\star enrolments now open for term 4 - 2020 \star

Vocals / Guitar / Bass Guitar / Keyboard / Trumpet / Saxophone / Flute / Clarinet / Drums & Percussion

Playing regularly in an ensemble is a fantastic way to compliment private tuition on an instrument and helping become a 'musician for life'. Unlike a conventional school 'concert band' line-up, the mixed ensemble is more of a rock/pop band set-up with a larger rhythm section and some rockin' vocalists! Mixed Ensemble rehearse Wednesday mornings, playing a wide range of repertoire from classical to jazz to funk to rock, all presented in a fun and engaging way. The group also perform several times throughout the school year at various events.

Ensemble members are required to have weekly private tuition on their chosen instrument, giving them the skills to function in the dynamic ensemble environment. If you're looking to find a private tutor, Evergreen is a great place to start!

> Wednesday Lunchtimes in the St John's Music Room \$15 per student per week (billed each term) We DO accept NSW Creative Kids Vouchers For more details and to enrol your child, contact info@evergreenmusic.com.au

Use your Creative Kids Voucher worth \$100 this holiday at a PCYC Camp

Did you know you can apply for a **Creative Kids voucher** (1 per child) from the NSW Government if you have a school-aged child, live in NSW and are a Medicare card holder. Follow this link to get one:

https://www.service.nsw.gov.au/transaction/apply-creativekids-voucher

You can use them for various creative activities, but one idea is to use them these holidays at the Dee Why PCYC School Camps. Here is the link to the overview of activities they are offering this holiday:

https://www.service.nsw.gov.au/transaction/apply-creativekids-voucher



There is an early bird offer of \$60 per day if you book by 29th September. To get the most value out of your voucher, you could book your child in for 2 separate days for just \$20 total if you are quick.



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



EVOLVE SPORTS -SPORT FOR LIFE-

ONLINE BOOKINGS

Visit www.evolvesports.com.au and search 'EvolveSports Holiday Camps'



TENNIS AND SOCCER UNITE

Evolve Tennis Academy & Game Ready Football unite to bring you the most exciting grassroot school holiday camps on the Northern Beaches, Sydney

Our team of dedicated coaches across both codes aim to give an experience like no other, offering a structured program which is key to delivering your child/ren a quality array of Tennis & Football activities they will want to visit each and every school holidays





WWW.EVOLVESPORTS.COM.AU

Head Office (02)9971-0644 E: evolvetennis@evolvetennisacademy.com

TOGETHER WITH 4 OF YOUR MATES AND JOIN MOTIV8SPORTS TO CELEBRATE THE END OF THE SOCCER SEASON AT OUR 2 DAY FOOTBALL TOURNAMENT.

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EXPERIENCE THE ULTIMATE 2 DAY TOURNAMENT FOR KIDS WHO LOVE SOCCER.

EAM UNIFORM INCLUDED, PRIZES, LIVE DJ, TROPHIES AND LOADS MORE.

BOOKNOW VISIT MOTIV8SPORTS.COM.AU OR CALL 0402 281 842 STIVES SHOWGROUND OCTOBER 6&7

Spring Holday Camps



28th September 2020 – 9th October 2020

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 a 'Rainbow Flick'!
- Each day has a different 'Football Focus'. Tricks, skills and moves relevant to the daily focus will be taught.
- Build your child's confidence and self-belief in a nurturing, and fun environment where they can improve their skillset. This leads to more creative players on the football field.
- Play football, no matter what the weather, in your boots!
- Finish the day with Laser football!
- Clean and safe environment where individual needs are catered to.

Check it Out!



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

CROMER CRICKET CLUB JUST FOR FUN

Registrations are Open for the 20/21 season

Junior Blaster / Master Blaster / Juniors / Seniors - open to boys and girls

Grab your \$100 Active Kids Voucher and get involved! Click on the link to register: https://www.playcricket.com.au/clubfinder/club-details?Id=3756 Contact Stewart Edwards 0421 583 073 president@cromercricket.com.au MANLY WARRINGAH BASKETBALL

OCTOBER HOLIDAY CAMP come along and learn basic, fun skills

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DATES: 6TH & 7TH OCTOBER,2020 TIME: 5 to 9 Yrs old 9:00 to 12:00pm 10 to 14 Yrs old 1:00 to 4:00pm VENUE: Northern Beaches Indoor Sports Centre AGES: broken into age groups COST: \$80 (If camp is cancelled, total refund)

> No single days must pay for 2 days Please bring light snack & water

Due to Covid-19 restrictions there will be limited numbers, & No spectators. MWBA Will provide sanitised balls on the day. No balls to enter the stadium.

HTTPS://WWW.TRYBOOKING.COM/BLGVF



MWBA PINK BALL TERM 4 2020

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL SKILLS WITH FEMALE COACHES.

DATES: SAT 31st October to 12th December, 2020

TIME: 1:30-2:30 PM

VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE

COST: \$95 INCLUDES A PINK BALL

Only 40 tickets available due to covid restrictions. https://www.trybooking.com/BLEBE





Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term. Must be pre-booked. Booking closes 2pm, Friday before session.

Ages: 5-12 yrs 2:30-3:20 Broken into groups according to age and ability.

Venue: Northern Beaches Indoors Sports Centre Cost: \$12 per child or \$95 for 9 weeks..

Saturday Learn To Play TERM 4 2020:17TH OCT TO 12TH DEC

To Book: https://www.trybooking.com/BLHIF



Vicinity Centres Aussie Hoops is all about learning to play basketball in a fun and safe environment. Our national coaching curriculum and sequentially developed program consists of warmup games, skill activities and modified games all delivered by accredited coaches. We invite you to explore our website and welcome you to the Australian basketball community.

> REGISTER NOW

No Spectators Limited Numbers

Dates: Sunday 18th October to 6th December, 2020 Time: 9:00-10am Ages: 5-10 years old, boys & girls Cost: \$160 New Participants (includes a \$45 starter pack + p/h) \$110 Returning Participant Venue: NBISC: Jacksons Rd, Warriewood NSW, 2101 Coach: Jerome Lee

Bookings: https://aussiehoops.com.au/find-a-program/



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 <u>http://beaconhillcricket.com/</u>or email Peter Horton on <u>peter.horton.au@gmail.com</u> 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 2020, you can apply for a second voucher. Go to <u>http://beaconhillcricket.com/</u>to find out more.



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 <u>http://beaconhillcricket.com/</u> or email Peter Horton on <u>peter.horton.au@gmail.com</u> 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 2020, you can apply for a second voucher? Go to <u>http://beaconhillcricket.com/</u>to find out more.