Dear Parents/Guardians,

The commencement of the Intensive Swimming Program has achieved some outstanding results in the past four days. Our non-swimmers are growing in water confidence and learning to paddle their way across the shallow section of the pool, whilst our more accomplished swimmers are challenging themselves in stroke correction and endurance. Our dedicated instructors (teachers and parents Kirsten Brooks, Renate Habermann and Sally Maley) have impressed me with their patience in supporting our developing swimmers.

Preparations for our school swimming carnival, due to be held at Kurrimine Beach Holiday Park on Friday 23rd November, are well under way (see attached permission note). Parent assistance in time keeping, etc. would be greatly appreciated to ensure the success of this carnival.

Thank you to Tracey and Corey Patterson from Kurrimine Beach Holiday Park who have kindly offered to donate a sausage sizzle for all students and parents at our swimming carnival next Friday!

St John’s Parents and Friends met last Tuesday for a very productive final meeting of the year. On behalf of St John’s School, I would like to thank the 2012 P & F executive committee (President & Tuckshop Convenor - Cassandra Scopelliti, Vice President - Sandra Andrijevic, Treasurer - Kylie Azzopardi, Uniforms - Chrissie Babsek, Book Club Coordinator - Robyn Taifalos) for their outstanding commitment to St John’s.

I am pleased to announce that we have finally completed the school renewal process. Please see attached School Renewal Outcomes 2012-2017. A huge thank you to all families that have contributed to the surveys to inform St John’s direction for the next five years. In addition, Mrs Julie Elliott and Mrs Sandra Andrijevic have also represented the parent body at a special NSSAB (Non State School Accreditation Board) audit yesterday. As anticipated, we have been highly commended!

Yours sincerely,
Andrew Maley
M Ed (ICT), B Ed, Dip T, Principal

“Even if you’re on the right track, you’ll get run over if you just sit there!”
Will Rogers

Term 4 Week 6 – 15th November, 2012

DATES TO REMEMBER
16th November
• Kanga Cricket Carnival Yr 3 - 7
17th November
• School/Parish Mass
19th November
• Playgroup at Silkwood Kindy 9:00 – 11:00am
19th - 22nd November
• School swimming
23rd November
• Swimming carnival
24th November
• Parish Christmas gathering
27th November
• Mini Vinnies team to Tully Nursing Home
• Kindy Sausage Sizzle
30th November
• Combined Kindy/School assembly
• P & F end of year dinner
4th December
• Kindy/Prep/1 Christmas party
• Graduation dinner

NO TUCKSHOP TOMORROW - KANGA CRICKET CARNIVAL

Thank you to our new newsletter sponsors

Always Reaching for New Heights
St Vincent de Paul Christmas Appeal 2012
St John’s is collecting donations of non perishable goods such as sweet/savoury biscuits, nuts, tinned vegetables/ham, sweets etc. to donate to the St Vincent de Paul Christmas Appeal. A collection basket will be located in each classroom. Items are required before 5th December and will be presented to a St Vincent de Paul Society representative at our end of year liturgy on Friday 7th December.

50 Cent Frozen Cup Thursdays
Frozen cups will be selling every Thursday during the second lunch break. Funds collected will be donated to the end of year food hamper for the St Vincent de Paul Society.

Rug Donation
The knitting and crocheting project is completed and will proudly be showcased in the school office until presentation to the Tully Nursing Home on Tuesday 27th November. Please take some time to come and look at the children’s efforts.

SMCSA Kanga Cricket
Our SMCSA Kanga Cricket Carnival is being held tomorrow at the Silkwood Soccer Grounds. Students in Years 3 - 7 will walk to the soccer grounds and return back to school following their cricket games. Raffle tickets were sent home and must be returned tomorrow. Tickets are only $1.00 each with some fabulous prizes to be raffled.

Thanks to our fantastic sponsors
A very special thanks to our newsletter sponsors. Each year we have generous business houses sponsor St John’s by purchasing our newsletter paper. Please take a moment to look at our sponsors for this year and acknowledge their support the next time you enter their business. Some businesses have been supporting our school for many years now.

2013 School Book packs
For many years now, St John’s School has sold “Book Packs” to families at the commencement of each year to ensure students have correct standardised materials and also to save parents the added burden of shopping for “back to school” items. The “Back to School Book Pack” incorporates a variety of items purchased at a bulk price including: pens, pencils, colours, glue, exercise books, R.E.A.D. It diaries, display books, scrap books, art products etc specific to each class group. Teachers are currently working on next year’s bookpack orders which should be finalised by early next week. While it is not mandatory that parents take this offer up, St John’s staff prefer all students have the correct and same equipment needed to start a new school year.

Mobile Devices
Mobile phones are a significant and seemingly necessary part of modern life. In order to educate students about the appropriate use of mobile phones and associated technology, St John’s policy requires students to hand in any devices to the office to be kept safe until collected at the end of the school day. This ensures classes are not disrupted by gadgets and gizmos and that they are not stolen. This will assist students to remain focused on their learning.

Term 4 Fees
A reminder that Kindy fees should be finalised tomorrow. School fees are now overdue. Please endeavour to settle your account promptly. If anyone is experiencing difficulty, please contact Mr Maley.

The Kindy has been alive with Christmas cheer. We have many special events and activities planned before break-up day on Tuesday 4th December. The children are settling in well with Miss Debbie and myself. We wish Mrs Parisi a restful holiday with her family and welcome her return to Kindy next year. Sadly, we farewell the Wilson family who are moving to Middlemount. We wish them well as they settle into their new community. On a lighter note, we welcome Tavake Tokorangi and his family. We hope he will enjoy his time with us. This week we had a visit from Mrs Ruth Mallon, Acting Assistant Executive Director Learning & Teaching. Ruth enjoyed spending time with staff and the children. Fr Karel also called in for a quick visit. He was impressed with the new shade sails in our playground. A reminder that the Parent Meeting is on tomorrow morning at 8:45am. Thank you for your support, Denise & Debbie.
As we approach the end of term and school year, we should be reminded of the stress that students are under with the assessments and end of year activities. It is therefore, vital to:

Help Kids Unwind

Modern kids are busy kids. Regardless of age, their days are filled with activities. Under-fives do a range of adult-initiated learning activities designed to give them the best start to their learning lives. School-aged kids have a huge range of leisure and after-school activities to choose from. It is not uncommon for kids to have four and five extra-curricular activities a week. Nothing wrong with kids being busy, as long as they have plenty of chances to relax and unwind. Relaxation is a key to good mental health and well-being. It is an important life skill for kids to learn.

Balance busyness with boredom

One way to ensure busy kids unwind is to make sure they get bored every so often. There is a temptation to fill kids’ days with activities so that no time is wasted. “I’m bored!” is the last thing most parents want to hear their kids say. Many parents feel compelled to do something to alleviate a child’s boredom. There is nothing wrong with a little boredom now and then. Boredom can be good for kids’ mental health and well-being, giving them the chance to muck around and take it easy for a time.

Here are 5 ideas to help you unwind your kids:

1. Let your kids regularly stare into the ‘fire’.
   Ever sat around a camp-fire and stared at the flames? If so, you will know how calming it is. No exertion! No need to think! No need to talk to anyone! Just a chance to chill-out and relax. The TV is the modern version of the camp-fire. Yep, TV used in this way is good for kids’ mental health.

2. Let kids exercise without rules.
   Kids are the kings and queens of play. Until lately that is, when their lives have become highly organised and scheduled. Free, child-initiated play is the ultimate in relaxation. Fun games, games with few rules and games that kids control help them to unwind.

3. Let kids experience flow.
   Flow is a state we get into when we are so engrossed in an activity that time disappears. It is the ultimate unwind. We get flow when we pursue our passions. Free play generally takes young children to flow quickly, so opportunities for unstructured play are essential.

4. Help kids calm down around bedtime.
   Have a bedtime routine that calms kids down rather than winds them up. You can become part of this routine by reading books, providing soothing back rubs and other ways.

5. Unwind with your kids.
   When I was young the best times I had with my dad were spent in the backyard playing cricket. Sounds like a cliche I know. It was fun because it was never a chore for him. He loved it as it was a chance for him to unwind after work. Find ways you can unwind and rejuvenate with your kids.

We want our kids to be involved rather than inactive and apathetic. However, activity needs to be balanced with unscheduled time so that perspective is maintained.

For more practical ideas visit www.parentingideas.com.au

Sarah Payne- SEL Coordinator