Dear Parents/Guardians, Teachers & Students,

The Feast of the Three Saints was a wonderful celebration of Catholicity in the local region. Thousands of people from around the country travelled to St John's to enjoy the food and festivities. The staff, parents and students are to be commended for their patience in the redesign phase of our school for the Feast. I would also like to take this opportunity to thank the many parents and staff who spent numerous hours preparing, cooking, organising and cleaning during the weekend. Although there was a massive amount of work achieved by the crew there was also time for socialising. We can all be proud of the significant achievements gained through our enhanced cooperation as one large community.

Years 3, 5 and 7 students have been busy preparing for the NAPLAN testing to take place at school next Tuesday, Wednesday and Thursday.

♦ Tuesday 14 May — Language conventions and Writing tests
♦ Wednesday 15 May — Reading
♦ Thursday 16 May — Numeracy

Parents are reminded to maintain routine during this examination time and support their children’s concentration levels by providing a healthy breakfast, morning tea and lunch. Please discuss these examinations with your children to provide them with the opportunity to debrief and release any associated anxiety.

This week we farewell Nicholaus Capponi from St John’s. On behalf of the St John’s community, I extend our best wishes to the Capponi family and thank them for their contribution to our school during the past three years.

Unfortunately our inter-house Cross Country carnival due to be held this Friday will be postponed due to the inclement conditions. Students aged 9-13 years will receive correspondence regarding the SMCSA X-C carnival.

Yours sincerely,

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

A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie. –Tenneva Jordan

“Mothers hold their children’s hands for a short while, but their hearts forever!” Unknown

Happy Mothers’ Day this Sunday

PRINCIPAL’S MESSAGE
Religion in Year 2/3

This term Year 2/3 are looking closely at Scripture through a unit called Making Meaning. We all bring our own experiences and interpretations to any text we read and it is important for students to begin to do this when reading or listening to Biblical texts.

Students are learning to look for facts and contextual clues that are in the passage. They are encouraged to think of feelings and thoughts that they would have if they were characters in the story, thus gaining a deeper understanding and appreciation of a particular event in a different time and cultural world.

Year 2/3 will be encouraged to think about how they can share rather than be selfish and also, how we can help those with less than ourselves around the world.

Mrs Debbie Daly, Year 2/3 teacher

Kindy Corner

Thank you to the families who made donations to the Tiramisu fundraiser at the Feast of the Three Saints and to the families that helped on the P & F stall. We still have some frozen desserts available for sale at half price $2. Alfina Barbagallo did a great job of co-ordinating this fundraiser. Thank you Alfina.

Our next working bee projects are new shelves for the storeroom and trimming the gardens. Add your name to the list at the sign-in area if your family is able to help.

The final stage of the Renovation and Refurbishment grant will commence soon in the Kindy grounds. This will see the addition of a new shed, shade sails in the front playground, fruit trees, compost bin and vegetable gardens added to our gardening area.

Happy Mother’s Day to all our Kindy mums; we wish you a special day with your children.

Reminder: Parent Committee Meeting will be tomorrow, Friday 10th May at 8.45am.

Cheers, Robyn & Denise
Ideas with how parents can assist their children in dealing with anxiety and stress related to NAPLAN Testing.

Common behaviours when children feel nervous or stressed
Sometimes children tell us how they are feeling through their behaviour. These changes in behaviour could indicate stress or nervousness:
♦ being more irritable
♦ easily upset
♦ clingy or fidgety
♦ displaying less interest in activities they normally enjoy

What can parents do to help?
1. ‘Being there’ emotionally – During times of stress, children usually need extra nurturing, comfort and understanding from their parents and carers to help them feel secure and confident. Be open and receptive to how children are feeling as well as provide comfort and attention when needed.

2. Discuss feelings – Encourage children to talk about how they feel. Listen with empathy so they feel understood and know that their feelings are normal. Help your children to understand that talking about feelings can help to manage them.

3. Support children’s confidence – Teach children to be brave by showing them you believe they can do it, and encourage them to ‘have a go’ even if they are feeling nervous. Providing positive feedback for effort, celebrating successes and encouraging them to keep trying will help your children to feel confident in approaching assessments.

4. Help with relaxation skills – Breathing slowly to calm down and helping them to imagine themselves coping well during a test are really helpful ways of managing anxiety. Doing it with them is a fun way to start.

5. Teach helpful thinking – Instead of saying to themselves “I can’t do this” encourage them to say “I’ll give it a go”.

6. Lead by example – Show your child how you cope positively with feeling anxious or stressed by thinking out loud e.g., “I feel a bit nervous, but I’m going to try my best”. Remaining calm and positive when your child is feeling anxious can help them to feel more confident.

7. Help your child have clear expectations – Talking through what will happen. You may even wish to talk to the school about where the test will take place and see if you can visit beforehand. Many big tests can be held in the school hall or even off-campus.

8. Discuss problem-solving – Brainstorm situations that might arise during the test and then come up with possible solutions with them. For example, ask them what are three things that they might be able to do if they freeze in the exam and feel sick – possible strategies include taking 10 slow breaths to calm down and refocus, taking a sip of water if it is available or letting a teacher know they feel unwell.

9. Teach confidence-building tricks – For example, looking through the paper and completing questions they know they can answer first before trying more difficult ones.

** Get a good sleep & eat well **