



St. John's School & Catholic Community Kindergarten *Silkwood*

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Kindy to
Year 7

Term 3 Week 1 – 17th July, 2014

"If you have the power to make someone happy, do it.

The world needs more of that!" Anon

DATES TO REMEMBER

14th July - 4th August

◆ L.S.L. Mrs Parisi

14th July - 25th July

◆ JCU student (Hannah)
on prac

15th July - 17th July

◆ Vera at SIS training
Cairns

21st July - 25th July

◆ JCU student
(Rebekah) on prac

21st July - 1st August

◆ SIS Implementation

22nd July

◆ P & F Meeting 3.00pm

27th July - 2nd August

◆ Catholic Education
Week

29th July

◆ Whole school to Good
Counsel College

1st August

◆ Jeans for Genes day

6th - 7th August

◆ SMCSA Athletics

12th August

◆ School Photos

13th August

◆ Southern cluster

TUCKSHOP ROSTER

24/07/14	P Bromilow & M Giarraffa
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Dear Parents/Guardians, Teachers & Students,

Welcome back to school for term three! I am pleased to see students, staff and parents return to school rejuvenated after two weeks' holidays. Term three is shaping up as another very busy time of the year with the following key events on the radar;

- ✓ SMCSA Athletics Carnival - 6th & 7th August
- ✓ Catholic Education Week - Week 3
- ✓ SIS implementation (administration software) - Weeks 2 & 3
- ✓ School photography - 12th August
- ✓ Book week - Week 6
- ✓ Softball/T-ball - 5th September
- ✓ 3 Way Conferences - Week 10

This term we are without the faithful services of Mrs Parisi as she ventures off overseas with her family. Mrs Parisi will return on Tuesday of Week 4. **We wish Mrs Parisi and her family Bon Voyage** during her well earned break.

On Monday, **Madison Teitzel** joined the Year 1 students. Significantly, Madison is the granddaughter of Mr Gerald Appo (Didgeridoo maker extraordinaire), a long term resident of Kurrimine Beach, and a wonderful supporter of our annual NAIDOC celebrations at St John's. Please make Madison and her family feel welcome to our special school.

Mrs Linda Gaia would also like to share with the community that **she and Brett have adopted Billy's sister Tilly** into their family during the holidays. We congratulate the Gaia family and look forward to Tilly visiting St John's.

I extend a special thank you to **Mrs Daly and Mrs Maley** for assisting me to creatively organise the St John's School display at the Innisfail Show last week. In addition, I would like to acknowledge the **Harvey family** for their hard work in overhauling the Reconciliation Garden during the holidays.

Yours sincerely,

Andrew Maley

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

Always Reaching for New Heights



JCU Prac Students Join St. John's

On Monday we welcomed Hannah O'Kane to St. John's School. Hannah is a 2nd Year James Cook University prac student who will be working with the Year 2/3 students during the first two weeks of term.

Next week we welcome Rebekah Lauridsen who is also from JCU and will be joining the Year 4/5 class in Week 2 for one week only. Please say hi and make them feel welcome at St. John's.

Term 3 music

Music this term will be on Fridays as per normal. However, Cameron will have an interruption to lessons from week 3 to week 6 as he will be on prac. He is happy to make it an 8 week term with two make up lessons to catch up in the latter of this term. This will work out well as St. John's will be participating in district athletics on one of these Fridays that Cameron is unable to come. **Total cost for this term will be 8 x \$13 = \$104.**

Invoices will be delayed until Week 3 due to the SIS implementation at St. John's, however payments must still be made by the end of Week 3.

If you would like to pay via direct debit, details are as follows:

BSB: 084 352

Account: 00000 0977

Reference: (Surname)music

This musical opportunity has been supported by Good Counsel College's collaborative Strategic Plan. Payments collected by St. John's are forwarded to Good Counsel College to cover the cost of the music teacher.

Kindy Corner

Welcome back to Kindy for term 3. We hope everyone had an enjoyable holiday and took the opportunity to see our Kindy show display at the Innisfail show last week.

Mrs Robyn Parisi is currently enjoying a well-earned break away. Welcome to Mrs Debbie Andersen who will be with us until Robyn returns in week 4.

The focus for Term 3 is nature. We hope to increase the children's awareness of the beautiful natural world around them. Parents can support their child by modelling an appreciation for nature and helping them to collect nature items for show and tell.

Over the next two weeks the children will also be focusing on the number 5. Thank you to Teleisha and Lisa for coordinating the very successful hot dog day on the last day of term 2.

Thanks also to the many parents who donated money, goods and their precious time throughout last semester. Your contributions are very much appreciated.



Regards Denise & Debbie w1



The first P & F meeting for term 3 will be held next **Tuesday 22nd July** in the **resource room at 3.00pm**. Agenda items include:

- ✓ Raffle prizes for Monster Raffle
- ✓ SMCSA Athletics Carnival Tuckshop helpers
- ✓ Uniform procedures

Michelle Giarraffa, our new uniform coordinator, will be available on Friday mornings prior to school commencing to attend to any uniform requests.

Catholic Education Week

Catholic Education Week will be celebrated across Queensland from **27 July - 2 August** this year. This annual event is held to **promote the special ethos of Catholic schools** and to **highlight the great things that take place in Catholic schools every day**.

The theme for this year's celebrations is:

Come, live life in all its fullness.

This inspirational call is based on the Gospel of John (10:10), challenging those who answer it to "live fully".

During Catholic Education Week 2014, Catholic education communities across Queensland are invited to celebrate and share how their communities are encouraging and providing opportunities for their members to "**Come, live life in all its fullness**". There are 296 Catholic schools in Queensland that educate around 143,000 students and employ almost 17,000 teachers and staff, and most will celebrate Catholic Education Week in some way.

St. John's will celebrate Catholic Education week with a visit to Good Counsel College on Tuesday 29th July. Permission notes will be out next week. There will be no charge for the bus as this is sponsored by the P & F as part of their contribution made to St. John's School.



Premier's Reading Challenge

Parents, remember to sign your child/ren's reading log for the Premier's Reading Challenge.

Date Claimer: Jeans For Genes

Friday 1st August

St. John's will host a "Jeans for Genes" day on **Friday 1st August** when we will invite students and staff to wear their jeans and donate a gold coin to this most worthy cause.



Helping children with genetic disorders

Parent Meditation Workshop

Yesterday we held our second Parent workshop for 2014. This workshop was well attended and the feedback was very positive. The workshop was titled *Mindful Minds* the essence of the workshop is outlined below.

SMILING MINDS

- ✓ Smiling mind is a preemptive mental health and wellbeing program.
- ✓ Their core objective is to teach young people a life skill.

They aim to raise awareness of the importance of emotional health and wellbeing by providing a proactive, resource-based program on Mindfulness Meditation

What is mindful awareness?

- ♦ Common thread of all definitions = directing attention.
- ♦ Mind up definition = conscious awareness of the present moment by focusing our attention and controlling our breath.
- ♦ Think multitasking and auto pilot and think complete opposite.

Why practise mindful awareness?

- ♦ Research suggests that mindfulness training can reduce stress and improve self confidence, relationships with others, attention, optimism and self esteem.
- ♦ Teaching mindfulness techniques to all students creates the potential for greater self awareness, improved impulse control and decreased emotional reactivity to challenging events.
- ♦ Students who participated in a mindfulness education program saw significant increases in optimism and socially competent behaviours.
- ♦ Mindful children –
 - ✓ Are better able to focus and concentrate
 - ✓ Experience increased calm
 - ✓ Experience decreased stress and anxiety
 - ✓ Experience increased impulse control
 - ✓ Have increased self awareness
 - ✓ Find skilful ways to respond to difficult emotions
 - ✓ Are empathetic and understanding of others
 - ✓ Have natural conflict resolution skills

(testimonials from www.mindfulschools.org)

Benefits claimed from the Smiling Minds program

- ♦ Improve student self control and self regulation skills
- ♦ Strengthen resiliency and decision making
- ♦ Bolster enthusiasm for learning
- ♦ Increase academic success
- ♦ Develop positive social skills
- ♦ Infuse classroom learning with joy and optimism
- ♦ Reduce peer to peer conflict

Smiling Minds and Mindful minds are only two of many forms of meditation programs. The workshop emphasised the importance of meditation, not only for our students, but for ourselves as parents. Practising meditation daily is very important.

July

HAPPY BIRTHDAY!

10th - Leanne

12th - TJ

17th - Lachlan

'Free to be Me'

**Self Awareness and Self Esteem Building
Program for Children**

'Free to be Me' is an 8 week program for children aged 8 - 12 years. The program is offered in one hour sessions and is free of charge. Programs are offered at the CSCI and through local schools upon request. The 'Free to Be Me' Program is facilitated by staff at the Community Support Centre Innisfail and will increase your child's skills in relation to the following themes:

Your Feelings and You

Discovering and Building your Strengths

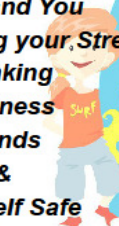
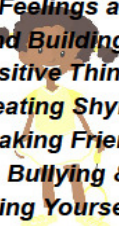
Positive Thinking

Beating Shyness

Making Friends

Bullying &

Keeping Yourself Safe



Free To Be Me Program

July 24 - September 11 at CSCI (8 sessions)

Weekly - Thursday afterschool Sessions

3:15pm - 4:30pm

The sessions are facilitated in small groups of children in a comfortable, friendly setting with CSCI Facilitators. A party and certificates of attendance will be provided during the last week of the program. The Free To Be Me Program is a free service for children in our community.

For more information or to register your child - please contact Sherrie

or Natasha: PH: 4043 8400 or email: sherrie@csci.org.au

Community Support Centre Innisfail (CSCI)

13 - 17 Donald Street - Innisfail

The Community Support Centre Innisfail Inc is primarily funded by the Department of Communities.

Fitness Fun with Kate

Mondays at 4.30pm & Wednesday at 4.00pm

Silkwood State School Undercover Area

Cost: \$8.00 Bring a towel or mat

FREE Well Women's Clinics

Service includes Pap Smears, Sexual Health Screening, Breast Awareness, also info on Contraception, Continence, Menopause, Lifestyle Issues, Domestic Violence, etc. All services are provided by a specially trained Women's Health Nurse.

**Tully Hospital: Thurs 24th July, 7th & 21st Aug
Ph 4068 4144**

**Mission Beach Community Health:
Thurs 31st July & 14th Aug
Ph 4226 4812 / 0428 781 421**

**Cardwell: Wednesday 6th Aug
Ph 4063 6600**



Silkwood Junior Soccer Draw

19th July

U6 - 1.45pm

U8 - 2.00pm

U9 - 1.50pm

U10 - 1.15pm

U11/12 - 1.15pm

U13/14/15 - 1.00pm

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