



St John's School & Catholic Community Kindergarten



"Your best teacher is your last mistake!" Anon

Term 4 Week 6 - 10th November, 2021

Dear Parents,

There is such a buzz in the air at school with the many end of year events the students get so excited about - **Chess competition, Handball competition, St. Vincent De Paul Christmas Appeal, Christmas Fair** and much more! We do have an action-packed 3.5 weeks ahead!

I have received the preliminary report of the **School Satisfaction Survey** which parents, staff and students participated in recently. I can proudly say the culture of the school is amazing, with all stating proudly that **St. John's School is a great place to be and is focussed on delivering the best possible learning opportunities and engaging students with extra-curricular activities.**

I remind parents to mark upcoming special events on their calendars. These are listed in the newsletter and the weekly Parent Flyer which is designed to be placed in a prominent place in your home, e.g. your fridge. **Our Christmas Concert will be held on Thursday 2nd December from 9:00am to 11:00am.** This year, after much consultation with educators within and beyond the school, we will introduce a change of structure to our end of year awards. At our Christmas Concert awards will be presented to our **graduating class** only. These awards will be: **the Three Saints award, Academic award, and Sportsperson award.**

As educators we recognise the **importance of acknowledging academic success** across the school, so at our Week 8 Assembly we will be presenting academic awards to a student in each class, as we have done at the Christmas Concert in past years. Awards recipients will be published in the newsletter on the Wednesday of Week 8.

Moving forward into 2022, similar awards will be presented throughout the year. These awards will align with the 'Clarity' work St. John's will undertake in 2022. 'Clarity' is a Diocesan led project headed by Ms Lyn Sharratt which has an extensive **focus on individual student academic growth.** This project will be used to inform the criteria applied to allocate these special awards next year.

Tomorrow is **Remembrance Day**. This day holds a special place in my heart as I proudly served in the Royal Australian Navy for ten years as a Maritime Warfare Officer navigating warships. Remembrance Day is about remembering those sailors, soldiers and airmen of WW1 and today's defence force who have served and lost their life both in combat and peacekeeping duties - **Lest We Forget.**

Our sister school, Good Counsel College will be farewelling their Year 12 students next week. On behalf of the St. John's community, we send our best wishes to these students as they move onto a new chapter of their life story.

Well done to **Ella, Max, Cooper, Sean and Dave** who will be **attending the Southern Zone Cassowary Coast Sports awards** evening next week. Also, **good luck to our League Tag team** attending the Billy Slater League Tag Carnival next Friday.

Finally, I look forward to our **Pre-Prep transition and bump-up morning next Friday.** Remember to save the date: **Our Prep/one class** will be hosting the **Parish Mass on Saturday 20th November at 6:00pm.**

May the Grace of God Be With You, Mrs Bryan, Principal

Always Reaching For New Heights



Diary Dates

Monday 8th November

- ♦ Vinnies Christmas Appeal launched

Thursday 11th November

- ♦ Remembrance Day
- ♦ School Swimming commences 1:00pm

Friday 12th November

- ♦ Lamington orders due

Monday 15th November

- ♦ P&F meeting 3:15pm

Tuesday 16th November

- ♦ School Swimming

Wednesday 17th November

- ♦ Lamington Drive working bee

Thursday 18th November

- ♦ School Swimming

Friday 19th November

- ♦ Pre-Prep transition and bump-up morning
- ♦ Billy Slater league tag

Saturday 20th November

- ♦ P/1 hosting Parish/ School Mass 6:00pm

Tuesday 23rd November

- ♦ School Swimming

Thursday 25th November

- ♦ Interhouse swimming carnival



CONTACT DETAILS

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www.facebook.com/StJohnsSilkwood



St. Vincent De Paul Christmas Appeal

This week, our Justice Squad launched the St Vincent De Paul Christmas Appeal. For Catholics, participation in initiatives like this is based on social teachings of the Catholic Church. Rooted in Scripture, these teachings challenge us to live responsibly and build a just society. Among the Catholic Social teachings are:

- ♦ God made each person, so every life is important and should be protected.
- ♦ God made us to be part of communities, families and countries, so all people can share and help each other.
- ♦ God wants us to help make sure everyone is safe and healthy and can have a good life.
- ♦ God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.

I thank you in advance for contributing to this cause.



Water Confidence Classes

Dates and times are as follows:



⇒ Thursday 11th November - 1:00pm to 2:00pm

⇒ Tuesday 16th November - 1:00pm to 2:00pm

⇒ Thursday 18th November - 1:00pm to 2:00pm

⇒ Tuesday 23rd November - 1:00pm to 2:00pm

⇒ Thursday 25th November - Interhouse swimming carnival day.

Parental permission is via an edsmart email sent on Monday. Please check your spam box if you have not received this email. Students are required to wear a swim shirt over their swimmers. Swimming equipment required for water confidence classes:

Swimmers, swim shirt, towel, thongs and goggles all of which must be **clearly labelled with the student's name.** (Please also label school uniforms.)

Christmas Appeal

On Monday we launched out annual Christmas Hamper Appeal.

We invite families and parishioners to donate non-perishable items which will be handed over to the St. Vincent de Paul Society at the end of year Mass. Wrapped gifts are also welcome. These will need to be labelled showing age and gender suitability. Donation baskets are located in classrooms and the school office. All donations will be distributed to families in our community who need a little support at Christmas time.



Remembrance Day: 11th November

Lest We Forget

This day marks the day of the Armistice which ended the First World War 1914 to 1918. Each year on this day Australians observe one minute silence at 11:00am in memory of those who died or suffered in all wars and armed conflicts.



P & F News

Lamington forms are due back this Friday with lamingtons being made next Wednesday at the tuckshop. Orders will be available for collection at the Three Saints room from Wednesday afternoon.

The next P & F meeting will be held **Monday 15th November at 3:15pm**. Agenda items can be sent to the P&F secretary: hmcculloch@cns.catholic.edu.au

St. John's Parish Christmas Gathering

A Christmas gathering for all will be held on Saturday **27th November following the 6:00pm Mass**. Please bring a meal to share. Hope you can join us for this community celebration. All welcome.

Music Concert

Miss Natasha will be showcasing her musical students with a concert to be held on **Monday 29th November at 2:00pm**. Parents are invited to attend.

Playgroup/Kindy/Prep/One Christmas Party

This is always such a special event! We invite families to come and join in on the fun on Tuesday afternoon, **30th November at 1:00pm at the Kindy**. We will also have a special guest visiting. If extra children are attending, please remember to bring an extra something for Santa to handout.

Every Day Counts

A reminder that children need to be present at school in order to learn and achieve great things.

Whilst there are genuine cases, every day that a child is away impacts their learning!



Congratulations to Past Students of St John's

It's always wonderful to see past St John's students achieving success as they journey through their high school years. Congratulations to the many students who were recipients of GCC awards on Tuesday. St John's is very proud of you all!

Second Step Superstars

Emily P - Showing compassion to others.

Tyler - Using kind words.

Marly and Navtaj - Focussed attention and effort in completing the Papua New Guinea information report.

Scarlett - Focussed attention on learning.

Montana - Focussed attention in Maths.

Ellie K - Focussed attention when working on Design & Technology tasks.

Principal's Award

Sean and Tilly - Always using good manners and showing respect

300 MAGIC WORDS: Jace

READING AWARDS:

100 Nights Reading - Cooper

150 Nights Reading - Porsha, Evie B., Tilly

200 Nights Reading - Mylinda, Ned

250 Nights Reading - Jorji, Claire



Exposing kids to challenges helps prevent anxiety in later life.

By Michael Grose



Two Australian studies conducted recently support data: *that exposing kids to safe challenges in childhood promotes resilience and better mental health later in life.* Both study results point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with skills and experiences they need to develop mental resilience. Here are five strategies to help this process:

1. **Encourage kids to spend more time with other children.** When children spend time amongst themselves they rely less on adults to solve problems for them. In adult absence, they learn to negotiate about what and how to play. They make up rules, modify them and go along endeavouring to resolve conflict situations more creatively and with more finality than if adults become involved.

2. **Help children be good losers and gracious winners.** There is always an aversion to exposing kids to losing, particularly on sporting fields. Some codes, in an effort to improve participatory experiences don't keep scores or give prizes for participation rather than achievement. However these practices prevent kids from experiencing both the resilience-building disappointment that comes with a loss and the confidence-building satisfaction that comes from winning. More significantly, they prevent kids from refining the art of being good losers and gracious winners, both important skills to learn for future development.

3. **Encourage kids to talk about emotions and feelings.** We need to allow children to experience events that lead to unpleasant emotions. Enabling them to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principle that there's nothing bad that we can't talk about it in the right way, however, there are behaviours we won't tolerate.

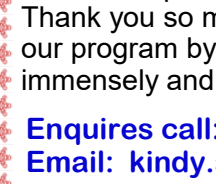
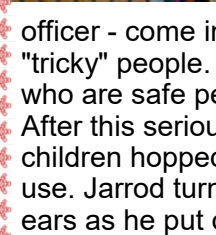
4. **Model calm and rational thinking.** High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital we manage the way we react to our child's emotions so we can provide an effective, empathetic response. Adults who model calm, in the face of stress show children how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

5. **Encourage children to become independent problem solvers.** When adults solve problems for children we not only increase a child's dependency on ourselves, but we also teach them to be afraid of making mistakes and to blame themselves for not being good enough. Stepping back and allowing children to experience many of life's challenges, whether social, academic or physical, can be difficult. However part of growing up means children develop the skills and aptitude they need to manage challenging situations.

As the research shows, the best way to help our children is to allow them to navigate their challenges by themselves, surrounded by supportive, rather than over-protective adults.

<https://www.parentingideas.com.au/schools>

Kindy News



At Kindergarten we spent a week celebrating Diwali! Diwali is a festival of lights and one of the major festivals celebrated by Hindus, Jains, Sikhs and some Buddhists. We have a few families within our Kindergarten group who celebrate Diwali, so it was important for us to recognise and share this celebration together and to extend the knowledge of this celebration to the other children in the group. We first decorated our doors with paper flower garlands. Onto these we made and hung Diyas, which are small lamps. We made them out of paper, folding back and forth, gluing, and decorating to create our own beautiful Diyas. We also learnt about the Rangoli art form and created our

own in a few different ways – using chalk on our tough tray, collaging paper shapes and colouring them. We were very fortunate to have Anayat's mother, Gagandeep, prepare a special rice pudding for us all to try as we celebrated Diwali. It was wonderful to be able to commemorate this event and have the children share their personal Diwali stories with the group as well. These experiences help us to understand the diversity of our community and to build on knowledge and respect of different cultures of the world.

On October 29th we participated in Day for Daniel, and were so fortunate to have Jarrod Geesu - Yosiah's father who is also a police officer - come into Kindy to speak to the children about keeping safe with strangers or "tricky" people. Jarrod gave the children some great tips and helped them to identify who are safe people they can approach if they need help.

After this serious chat we then got to go out and look through the police vehicle. The children hopped into the front to see all the controls and gadgets that Police Officers use. Jarrod turned on the lights on top of the vehicle, and then we all covered our ears as he put on the siren!

Thank you so much to Gagandeep and Jarrod, and all our parents who participate in our program by sharing photos, stories and special events with us. We appreciate it immensely and we know it creates a richer experience for the Kindergarten children.

Enquires call: 42 52 5755

Email: kindy.silkwood@cclc.catholic.org.au

Web: www.cclc.catholic.org.au/community-kindergarten/silkwood/

Miss Cheryl & Mrs Greco



