



St John's School & Catholic Community Kindergarten



"True strength lies in gentleness!" Irish Proverb

Term 1 Week 8 – 16th March, 2022

Dear Parents,

St John's is a buzz of excitement! Students are engaged in many activities: selection for our Readers' Cup team, Touch Football Carnival, Chess club battles, Choir team fine tuning vocals, Rugby League team working on skills and on Thursday we all celebrate St Patrick's Day! Happy St Patrick's day!

This year Ms Irvine will be coordinating our **Readers' Cup**. We have many students interested in participating in this event. Readers' Cup fosters the love of reading and provides an **academically challenging opportunity** for all students who participate. It is a popular event held in Cairns and incorporates schools from the entire Peninsula Region spanning South to Cardwell, North to the islands in the Torres Strait and West to Croydon.

Last Friday our Year 4-6 students attended the **Southern District Touch Football Carnival**. It was a **great day** where staff and adults commented on the **positive spirit and conduct** displayed by the St John's students. Congratulations to the Boys team who tied with Mission Beach State School in their division. Congratulations to the Mixed team 1 who won the mixed division. Good effort to our Mixed team 2 who were competitive and picked up 3 out of 5 wins. Our **grit and fitness** were key factors to our success.

Congratulations to Finn J. who is the first student at St John's to be selected in the **Cassowary Coast District Golf team** to attend the Peninsula trials on Monday!

Our new families may not be aware of our **amazing Chess Club**. It runs every Thursday at playtimes and **all students are welcome to join**. Mrs Belbin convenes this Chess Club where students can develop their skills as a beginner to expert. We have key contacts in our school community who visit St John's to teach and model strategies. It is the place to be on Thursday!

Also, every Tuesday **Mrs Natasha leads and instructs the St John's Choir** at playtime and is assisted by me. Mrs Natasha teaches all elements of singing and what it means to be part of a choir. We have students from Prep to Year 6 involved and are currently learning a piece titled "An Australian Blessing". Mrs Natasha reports there is a pleasant natural tone in our choir.

Each Friday at break time, the **St. John's Rugby League team** trains with Mr Leon our coach and myself as manager & first aid officer. Students aged 8-12yrs can join in with drills. No problem if they are new to the game. They will be trained and assessed for **safe tackling technique** and once deemed competent can play in age-appropriate games. Unfortunately, our game that was to be held next Monday against our sister school St Rita's has been postponed. Of recent, Mr Leon has been fielding many questions from students wanting to play for the Leprechauns. If you would like **more information on Rugby, Choir or Chess please call the school office**.

St Patrick's Day is on Thursday and the students are really excited! **Wear as much green as you possibly can**. Some students have told me they are dressing up as Leprechauns. Very cool craft is on in the library, green frozen cups for sale at second break for 50cents. All funds raised will go to Project Compassion - <https://www.caritas.org.au>.

Finally, we continue to **welcome Mrs Baston**, our university student studying to be a teacher and now volunteering every Tuesday. Read a bit about her story over the next page!

May the peace of God be with you and your family, Mrs Bryan, Principal.

Always Reaching For New Heights 



Diary Dates

Thursday 17th March

- ♦ St. Patrick's Day (Wear Green)
- ♦ Parent/Teacher mtgs booking system open

Friday 18th March

- ♦ Assembly 8:35am Parents welcome
- ♦ Rugby training 10:45am
- ♦ GCC visiting Yr. 5/6

Saturday 19th March

- ♦ School/Parish Mass 6:00pm

Monday 21st March

- ♦ NAPLAN practice test Year 3 & 5
- ♦ Parent/Teacher mtgs commence

Tuesday 22nd March

- ♦ Harmony Day - Kindy/Prep/One

Monday 28th March

- ♦ P&F AGM



CONTACT DETAILS

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www.stjohnssilkwood.qld.edu.au

www.facebook.com/StJohnsSilkwood



St Patrick's Day On Thursday this week!

Wear Green!!! Or come as a leprechaun for a coin Donation.
Green Icy Cups second lunch 50c
Activities in the library at lunch



Lent is now well underway, and our Justice Squad team are busy preparing for **St Patrick's Day** celebrations. We thank all families for your help in supporting this worthy 'Project Compassion' cause. It is a good time to take stock and reflect and ask: "How am I trying to be in a closer relationship with God?"

This **Saturday, 19th of March at 6pm**, we celebrate our first School/Parish Mass for the year. Year 5/6 students will be taking a lead role in this Mass. We appreciate all families who are able to support us. As we continue our journey this Lent, may we hear God's call and respond with an open heart. We continue to look at our iconology.

Our School Buddy Bench – where we can actively show friendship and solidarity with others.



God is with us through all our hardships, often through a friendly face and a willing helper. May all in our world recognise God in those around them.

Mr Gary Recklies

Harmony Week

(21st to 27th March) is a week where we recognise and celebrate the importance of our collective heritage which makes our community stronger through our linkages with our roots and recognising that everyone has a story of how they came to be and their special connections with their lives.



Justice Squad News:

The team is busy preparing our next fundraising activity to be held tomorrow for St. Patrick's Day. **Everything is green for this Irish Day!** Activities are as follows:

- ◇ Students and staff are invited to wear green and dress up as a leprechaun for a coin donation.
- ◇ Green frozen cups will be sold at the second lunch break for 50cents each
- ◇ Craft activities will be held in the library at play.

Proceeds collected will be sent to the Missions through Project Compassion.



Welcome to St John's Amanda

Hi! My name is Amanda Baston and I'm a 4th year Bachelor of Education (Early School) James Cook University student. I am a local resident and mum, and I'm participating in my final placements at St John's. I recently completed my 3



week placement and am now volunteering at St John's every Tuesday. I look forward to my final 5 week placement in Term 2. I feel privileged that St John's School has accepted me as their student. The staff and students have made me feel extremely welcome. I feel truly privileged to be at this beautiful school. I look forward to meeting the school community throughout my placement.



Donations to Flood Victims

The Justice Squad and St John's School will be jointly donating to the Flood Victim Appeal. Thank you to the Justice Squad students for your generosity in helping others in their time of need!



P & F AGM

The P&F AGM will be held on **Monday 28th March at 3:15pm in the library**. All parents/carers are welcome to attend. The AGM will be followed by a general meeting. Agenda items can be emailed to : pandf@stjohnssilkwood.qld.edu.au before Friday 25th March.

SAVE THE DATE - The Three Saints Festival is being held on **Sunday 1st May**. This is a most important community event of the school calendar. St. John's will require parent helpers to work at the BBQ stall at the tuckshop. A roster letter will be sent home soon.

Cross Country

Students are currently training for our first Interhouse Sport event - Cross Country which will be held on Friday 1st April (last day of school).



Happy Birthday:
Eden, Luke, Ailie.

Second Step Superstars



- Rhyder** - Focussed attention on your reading.
- Kisara** - Focussed attention on your sight words.
- Ruby M** - Focussed attention during reading.
- Lara** - Being a good friend to all your classmates.
- My linda** - Role model for socialisation .
- Wyatt** - Role model for focussed attention.
- Scarlett** - Focus and effort in Maths
- Sam** - Focus and effort in all class activities

Principal's Award:

Billy - Most improved touch football player

Magic 100 Sight Words:

Kisara, Tess





From your School Counsellor.....

Research is clear that excessive

screen time can lead to poor health and developmental outcomes (Australian Institute of Family Studies, 2021). Australian parents report that excessive screen time is the top health concern for their children, which has only been exacerbated in the last 2 years, due to COVID-19 lock downs and changes in the way we use technology to function and connect.

In this current digital age of raising children, **it is important to think about what media/online platforms our children have access to, what friendship groups they keep, what groups are they a part of and what do they represent?**

'It Takes a Whole Community to Raise a Child' is a familiar saying, so let's make sure we are understanding of all environments our children enter (physically or virtually). Current Australian guidelines recommend no more than two hours of sedentary recreational screen time per day for children between 5-17 years (Australian Government 2021). Research tells us that negative effects of excessive screen time on our children are:

- ⇒ Deficiencies in motor and cognitive development
- ⇒ Struggles in social and psychological wellbeing
- ⇒ Increases in behavioural problems, anxiety, hyperactivity, attention, self-esteem, and psychosocial health (Australian Institute of Family Studies, 2021)

To nurture a healthier balance of influences in children's development, take a moment to reflect: -

- ⇒ What values do we encourage in our family?
- ⇒ Who are the adult role models for the children in the household?
- ⇒ What part does respect of self and for others play in our home and community (physical and online)?

For the current world of parenting in an online era:

- ⇒ What are our expectations, time limits, and content allowances? How are we role modelling our own screen / phone use?
- ⇒ How are we balancing our child's day with other activities, such as physical activity and play to support their physical, social and emotional health?
- ⇒ How are we nurturing connection and relationships? Are there opportunities to co-participate – where parents and children take part in screen time together and engage in conversations, spontaneous learning opportunities, practise language skills and the mediating of their online content.

In our children's primary years, parents have an optimal timeframe of influence to promote wellness, healthy habits and nurture positive behaviours that will follow children to their adult hood.

For further information to navigate screen time and help ourselves and children self-regulate their online participation please consult Australian Institute of Family Studies or eSafety Commissioner website.

<https://aifs.gov.au/cfca/2021/08/05/too-much-time-screens-screen-time-effects-and-guidelines-children-and-young-people>

<https://www.esafety.gov.au/parents>

Regards, Miss Jo.

Kindy News

Did you know at Kindergarten we have an ongoing garden project? The children are involved in all aspects of our vegetable, herb and fruit garden.

They learn how to collect and plant seeds, care for the plants, weed the garden, pick the produce and use these to prepare food together! Gardening is a healthy and fun activity for the children with so many benefits for development. As well as engaging in physical activity, the children are also learning about science and nature, sustainable practices, community participation and nutrition. There are many opportunities for active thinking and learning as the children hypothesise, problem solve and collaborate on ideas and plans for the garden. Being part of the growing process may also encourage children to try eating new things.

Recently the children became interested in the Lilly Pilly berries that fall from our beautiful climbing tree. We always have an abundance of berries but had not used them for anything, so with the group's interest high, we started collecting these little berries and used them to make some delicious Lilly Pilly jam together. The

jam was made just in time for Pancake Day, so we added some to our delicious pancakes (thank you St Johns!). Our left over jam was then used as we made jam drop biscuits. The children helped to prepare these by looking at the recipe, measuring out and rolling their own biscuits. It's safe to say we had a yummy few weeks of learning at Kindy.

This week – **wear green for St Patrick's Day on Thursday!** Next week – we will get together with the St Johns Prep/year 1 class for Harmony day. *Ms Cheryl and Mrs Greco.*



Enquires call: 42 52 5755

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

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





Touch Football Mixed team



Touch Football Boys team



Rugby League team



Choir students



Chess battles



Golf



Community Support Centre - Innisfail

•The Kids Eat Healthy Workshop

Program for children to learn about nutrition and healthy eating.

Date: 12th April **Time:** 9:30am to 12:30pm

•Circles of Security Parenting Program

Date: 6th May to 27th May

Time: 9:30am to 12:20pm

•Digital Well-being for Families

Date: Friday 10th June 9:30 to 11:30am OR Monday 27th June 3:30 to 5:30pm.

Please phone 40438400 to register for any program

Congratulations to Max Belbin who competed over the weekend in the Outrigger Paddling Regatta at Tinaroo Dam with over 400 paddlers and 80 canoes out on the water. It was a very exciting day of racing!

⇒ **1st - OC1 U12 2km**

⇒ **1st - OC2 U12 2km**
Max and partner

⇒ **1st - OC6 U14**
Max with NQ Juniors

⇒ **1st - OC6 U14 Sprint.**
Max with NQ Juniors

